COSMOPOLITAN

SEPTEMBER 2017



STYLE HACK: THE ART OF SEXY LAYERING

IT'S GETTING HOT IN HERE

The 2017 Cosmo Men Special

Ariana GRANDE

Taking control of the moment

LOOK MA, NO HANDS!

The best beauty tools for a flawless face

THE MYTH OF THE EMOTIONALLY UNAVAILABLE GUY

Sometimes it's not him—it's you.

"I'LL HAVE WHAT SHE'S HAVING"

What's wrong with a little girl-on-girl competition?

HOW TO DEAL IF YOU'VE BEEN *HOKAGE*-D

SUMMIT MEDIA

ISSN 0118-5853

09

9 770118 585300

Hair's The Winner!

It can smoothen three months of damage in three minutes!



BEST CONDITIONER

PANTENE 3 MINUTE MIRACLE CONDITIONER

We all know that styling tools and hair color can cause major damage to your locks, but did you know that even just stepping out (and being exposed to pollution) has the same effect? Try Pantene 3 Minute Miracle Conditioner—it contains antioxidants that prevent further damage by removing heavy metals, which are then filled in by Pantene's Pro-Vitamins. It also provides deeper and longer lasting moisture, minus the greasy feel. With this Cosmo Beauty Awards winner, on-the-go girls won't be afraid to style their hair and step out!

COSMO Beauty AWARDS 2017







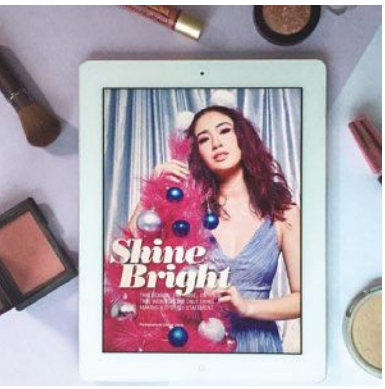




Check us out!

Keep yourself updated on all things Cosmo.









FACEBOOK
FACEBOOK.COM/
COSMOPOLITAN.PH

INSTAGRAM
@COSMOPOLITAN_
PHILIPPINES

TWITTER
@COSMO_PH

YOUTUBE
YOUTUBE.COM/
COSMOPOLITANPH

Contents

SEPTEMBER 2017



24
Side to side

On the Cover

24 ARIANA GRANDE
There's somethin' bout the global superstar.

48 LOOK MA, NO HANDS!
Let these beauty tools do all the work for you.

62 "I'LL HAVE WHAT SHE'S HAVING"
We're all for friendly female competition.

68 HOW TO DEAL IF YOU'VE BEEN HOKAGE-D
Let's talk about the new breed of online sexual harassment.

76 THE MYTH OF THE EMOTIONALLY UNAVAILABLE GUY
Are you expecting too much from your non-boyfriend?

Know

10 15 THINGS TO DO
This month's must-tries.

14 COSMO RADAR
The latest from Lang Leav and Kris Aquino.

16 IT'S LIT
Must-read YA titles about friendship.

18 COSMO BAE
Marlon Stockinger gets our motor running.

20 CONFESSIONS
Why must cute boys always bear witness to our worst days?

22 COSMO CONTRACT
What it's really like to try—and master—using a menstrual cup.

Wear

34 TREND CHEAT SHEET
Layer, layer; pants (and overall style) on fire.

(PHOTO) ERIC RAY DAVIDSON.

A Metallic Classic

by Lacoste Footwear



Slip into some shine with Lacoste's matte metallic trainers for the cooler days ahead. Back for the season, the women's **L.ight R** is an ultra light pair with details that make for a technical, lux feel. Perfectly sporty-chic and available at a Lacoste Footwear boutique near you today!

Contents



95 What black thumb?



38 All about that lace



46 We need to talc

36 FASHION THREE-WAY
Groundbreaking floral combos.

37 STYLE QUICKIES

Bloom

50 BEAUTY NOTES
The truth behind semi-permanent makeup procedures.

52 BEAUTY QUICKIES

54 MORNING PERSON
Start your day right with these gorgeous and doable looks.

Feel

65 AN OPEN LETTER TO (AND ABOUT) MANSPLAINERS
I'mma let you finish, but mansplainers are the worst of all time. Of. All. Time.

66 WHY THE EFF ARE WE SO OBSESSED WITH UNICORNS?
These mythical creatures are having a moment.

72 COSMO FICTION
Twin connections are for life.

Love

74 IN DEFENSE OF DATING APPS
There's more to them than unsolicited dick pics.

78 UP YOUR BIG-O ODDS
This may be the missing piece in your climax puzzle.

80 MANTHROPOLOGY
An honest discussion about open relationships.

Work

84 WHAT YOU CAN LEARN FROM YOUR MALE COWORKERS
Take a page from their book.

86 ARE YOU $OUL MATES?
It's time for a different kind of talk with your partner.

Move

89 BODY LOVE
Are you at risk for hearing loss?

92 FUN, FEARLESS, FIT
The ultimate workout jams.

94 HEALTH NOTES
Adulting means knowing these simple food storage rules.

Play

96 PLANS THIS WEEKEND?
Have some fun for one (or more) with the cutest sex toys.

98 WANDERLUST
Making memories in Australia.

100 FOOD PORN
NY realness at Flatiron 1771.

Everything Else

101 SHOPPING DIRECTORY

102 ASTROLOGER

104 GOOD VIBES TO GO
Multi-hyphenate Jazmin Reyes on purpose and true happiness.

[PHOTOS] SANTILLAN CREATIVES, PAOLO PINEDA, LOUIE AGUINALDO



Christmas in the Big Apple

#OneStepCloser

Get a chance to win a Priceless Holiday in New York for two via Philippine Airlines when you use your HSBC Mastercard Credit Card.

1 Raffle Entry
for every PHP2,000 spend anywhere

3 Raffle Entries
for every PHP2,000 spend in PAL

Philippine Airlines
The Heart of the Filipino

Mabuhay Miles

10 Raffle Entries
for newly approved credit card applications

Apply today.
Visit www.hsbc.com.ph



HSBC Credit Card. The One Card for Home and Away.

HSBC

PROMO DURATION: July 1 to September 30, 2017.
Per DTI-FTEB Permit No. 10057. S. of 2017.

Issued by The Hongkong and Shanghai Banking Corporation Limited. Terms and Conditions apply. HSBC Philippines is regulated by BSP. To contact HSBC for inquiries or complaints, call (02) 85-800 for Metro Manila,1-800-1-888-0000 PLDT domestic toll-free for calls outside Metro Manila, +63(2) 976-8000 for overseas, email hsbc@hsbc.com.ph, or visit hsbc.com.ph/feedback. Contact BSP at (02) 708-7087 or consumeraffairs@bsp.gov.ph.



Marla

Marla Miniano, Editor in Chief

Let's Get Real

"I mean, he doesn't even know who Thomas Mars is." I am at the salon one afternoon when this statement punctures the partial silence offered by my red plastic ear caps. In the mirror, I discreetly check out who this incredulous Phoenix fan is, but my view is obstructed by attendants and steaming apparatus.

"So what did you do?" another voice—her friend's, I assume—pipes up.

"*Wala*, I ghosted him," Phoenix Fan says flippantly.

"*Ha?*" Phoenix Fan's Friend asks. "I thought you said he was nice and cute." She sounds frustrated. So am I.

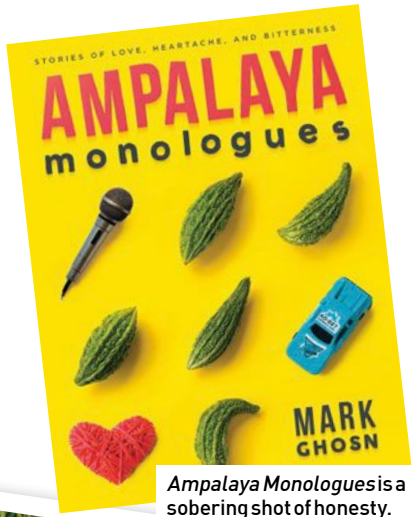
I know, I know. For most of us, "nice and cute" just won't cut it. And rightfully so. We deserve more than nice and cute. We deserve smart and interesting and generous and talented and kindhearted and fun.

It's the nonchalant ghosting I can't quite get behind. Because if we can muster the courage to put ourselves out there and navigate the dating world, don't we owe it to ourselves to muster the courage to end things clearly and candidly as well? To take ownership of our feelings and not hide behind cheeky, shallow terms like ghosting, benching, and breadcrumbing? To be responsible enough to claim our hypercriticism (which we're entitled to, don't get me wrong) and say, "I'm sorry, but I don't think I can be with you if you don't know who Thomas Mars is"?

In this issue, Cosmo urges you to choose honesty. Whether it's with the men you meet online ("In Defense of Dating Apps"), your female friends ("The Art of War"), or yourself ("Is He Really Emotionally Unavailable or Are You Expecting Too Much?"), we can all benefit from a bit more #truth in our lives. Even if it means acknowledging parts of ourselves—our superficial standards, our insecurities, or our fear of ending up alone—that we might not be so happy about. It's a step in the right direction. We trust you'll take it.



Ariana Grande is locked and loaded.



Ampalaya Monologues is a sobering shot of honesty.



Uniqlo makes minimalist dressing way cooler.



Light and refreshing, but packs a punch.

For shining, shimmering shoulders.



The Instax Mini 9 comes in flamingo pink!



Smells like first dates and candy.

[PHOTOS] SHAIRA LUNA, REPUBLIC RECORDS, FEATURED BRANDS.

SKECHERS GOFLEX Walk®

BE MORE FLEXIBLE.



GLORIETTA 2, TRINOMA, SM NORTH EDSA -THE ANNEX, SM MALL OF ASIA, ROBINSONS PLACE MANILA, ROBINSONS GALLERIA, SM EAST ORTIGAS, AYALA MALLS THE 30TH, GATEWAY MALL, MARKET! MARKET!, LUCKY CHINATOWN, ALABANG TOWN CENTER, SM SOUTHMALL, FESTIVAL MALL, SM BACOOR, SM DASMARIÑAS, PASEO STA. ROSA, SM FAIRVIEW, FAIRVIEW TERRACES

Skechers SkechersPH www.skechers.com.ph

COSMOPOLITAN



COCKTAIL of the MONTH

8 Años Old-Fashioned Cocktail

Ingredients:
2 oz BACARDÍ 8 Años rum
1 tsp sugar
2 dashes orange bitters
1/2 oz water

1. In a glass, pour in the sugar, bitters, and water.
2. Combine everything with a bar spoon, and add the rum.
3. Fill the glass 3/4 of the way with large ice cubes, and stir approximately 10 times.
4. Top with some fresh ice, cut a piece of orange peel, and squeeze over the cocktail before dropping it into the drink.

EDITOR IN CHIEF MARLA MINIANO

MANAGING EDITOR Dyan Zarzuela
ART DIRECTOR Paula Pangan
FASHION EDITOR Happy Lopez
ASSOCIATE FEATURES EDITOR Gaby Ignacio
ASSISTANT BEAUTY EDITOR Bianca Mascenon
ASSISTANT LIFESTYLE EDITOR Angelica Gutierrez
EDITORIAL ASSISTANT Chandra Pepino
CONTRIBUTING ART ASSISTANT Stephen De Jesus
ADMINISTRATIVE ASSISTANT Carie Aguila
INTERNS Yanna Yang, Kina Velasco
GRAPHIC ARTIST Ryan Dela Cruz
COSMO.PH EDITOR IN CHIEF Jillian Gatcheco
COSMO.PH ART DIRECTOR Jico Joson
COSMO. PH ASSISTANT MANAGING EDITOR Retty Contreras
COSMO. PH ASSOCIATE FASHION AND BEAUTY EDITOR Patricia Dayacap
COSMO.PH ASSISTANT CELEBRITY EDITOR Jacinda Lopez
COSMO.PH ASSISTANT BEAUTY EDITOR Tisha Caedo
COSMO.PH EDITORIAL ASSISTANTS Ysa Singson, Andie Estella
COSMO. PH SENIOR MULTIMEDIA PRODUCER Jean Saturnino
COSMO. PH MULTIMEDIA PRODUCER Trina Elefante
GROUP PUBLISHER Christine Ongteco-Sandejas
DEPUTY GROUP PUBLISHER Melody Lalata
TEAM PUBLISHER Tiffany Chloe Santos Canseco
SENIOR PUBLISHING ASSISTANT Natasha Faustino

CONTRIBUTORS
Louie Aguinaldo, Lucia Alcantara, Kyle Buchanan, Brittany Burke, Kath Cabasco, Dairy Darilag, Eric Ray Davidson, Dane Deaner, Angelu Dominguez, Mel Evans, Pets Garcia, Francis Guintu, Catriona Innes, Vanessa Johansson, Chinggay Labrador, Charisma Lico, Sylvina Lopez, April Lozada, Shaira Luna, Meg Manzano, Sasha Martinez, Patrick Martires, Joanna Parkin, Louisa Parry, Dennis Pedersen, Lauren Perlstein, Paolo Pineda, Jennifer Savin, Miguel Sotto, Mimi Tiu, Archibald Tolentino, Aurora Tower, Julie Vadnal, Jenny Yuen, Helen Zook

SUMMIT MEDIA
PRESIDENT: Lisa Gokongwei-Cheng
PUBLISHER: Edna Belleza VP FOR OPERATIONS: Hansel C. dela Cruz EDITORIAL DIRECTORS: Myrza Sison, Jo-Ann Maglipon TEAM CREATIVE DIRECTOR: Vince Uy GROUP ADVERTISING DIRECTOR: Florence Bienvenido EXECUTIVE ASSISTANT: Chinggay Cabit WEB BUSINESS OPERATIONS MANAGER: Dennison Ko ADVERTISING DIRECTOR-KEY ACCOUNTS GROUP: Regie Uy KEY ACCOUNTS MANAGERS: Joey Anciano, Junn De Las Alas KEY ACCOUNTS SPECIALIST: George Canseco III ACCOUNT MANAGERS: Dianne Suegay, Kring Caritativo, Faith Gazmin, Michelle Torres, Onnie Del Mundo, Joan Bautista, Heidi Golangco, Wesley De Leon, Daryl Abarquez KEY ACCOUNTS ASSISTANTS: Fenimar Flores, Jessamyn Rodinas, Nathalie Gianan, Vanessa Arenal ADVERTISING MANAGERS: Shiela Apolinar-Ogues, Torto Canga, Maiza G. Mueco SENIOR ACCOUNT MANAGERS: Honey Dayryl Alesna, Rommel Discipulo, Jerry Cabauatan, Andi Trinidad, Len Manalo, Knelle Rosario, Perla Sanchez, Bem Caharian, Melinda Kitane INDUSTRY SPECIALIST: Lucas Reyes JUNIOR ACCOUNT MANAGERS: Rita Barbacena, Denise Dizon, Gai Alocada, Junnel Nacional, MJ Pineda, Anna Clarise Garcia ADVERTISING ASSISTANTS: Jackelyn Que, Sheena Claricia, Lorena Santiago-Marfil ADVERTISING TRAFFIC SUPERVISOR: Eliziel del Rio ADVERTISING TRAFFIC JR. SUPERVISOR Myra Gorospe STORYLABS HEAD: Iza Santos STORYLABS MANAGING EDITOR: Franch Baja-Bustamante STORYLABS BRAND EDITOR: Vincent Ong STORYLABS EDITORIAL ASSISTANT: Paulina Paras STORYLABS ART DIRECTORS: Ehlorie Garcia, Leia Gutierrez, Boizei Malicdem STORYLABS WEB DESIGNER: Jouie Ulangca STORYLABS JUNIOR VIDEO PRODUCERS: Ray Gonzales, Trina Elefante STORYLABS JUNIOR PRODUCER: Sarah Fragas ASSOCIATE MARKETING DIRECTOR: Arlo Vicencio ASSISTANT MARKETING MANAGER: Roberlin Rubina, Jr. PROJECT OFFICER: JC Brion SENIOR MARKETING ASSOCIATES: Neil Emerson de Guzman JUNIOR MARKETING ASSOCIATES: Katherine Anne Calleja, Mary Joyce Montinola, Nikki Anne Catindig TRADE MARKETING OFFICER: Jamie Islo TRADE PROMOTIONS ASSISTANTS Daryl Lincod SR. CONSUMER PROMOTIONS ASSOCIATE Candace U. Lobendino ADMINISTRATIVE MANAGER: Whilma Lopez

ADMINISTRATIVE ASSISTANT: Michael Lumabi, Marlyn Miguel, Christine San Diego PRODUCTION DIRECTOR: Elizabeth Rellis PREMEDIA OFFICER: Bong Carolino GRAPHIC ARTIST: Monica Saputil DEPUTY NATIONAL CIRCULATION MANAGER: Glenda Gil CIRCULATION MANAGER - GMA: Noreen Peligro ASSISTANT MANAGER FOR EXPORT, ONLINE DISTRIBUTION, SUBSCRIPTION, AND DIRECT SALES: Ulyssis Javier KEY ACCOUNTS GROUP HEAD - SUPERMARKET AND CONVENIENCE STORE: Vivian Manahan KEY ACCOUNTS GROUP HEAD - BOOKSTORES, NEWSSTAND AND GMA DISTRIBUTIONS Charlotte Barlis KEY ACCOUNTS SPECIALISTS: Marjorie Abueme, Harold William Rey, Alfredo Toldeo Jr., Jennifer Tolentino, Melrose Tamboong, May Ann Ayuste JUNIOR SALES-REPRESENTATIVES: John Lakhi Celso, Julie Dunn Bantan DISTRIBUTORS SPECIALISTS: Bee Datinguinoo, Elaine Einosas, Eric Ferdinand Gasatan, Robert Revilla, Aeron Nolasco NEWSSTANDS SUPERVISOR: Joel Valdez ASSISTANT GROUP HEAD Carla soriano ONLINE DISTRIBUTION SPECIALIST Mark Jocell Manio ONLINE ADMIN ASSOCIATE Annalyn Arambulo SUBSCRIPTION ADMINISTRATIVE ASSISTANT Clarissa Malicdem CIRCULATION ADMINISTRATIVE ASSISTANTS: Katrina Angelica Boloyos, Lea Sescon SALES COORDINATOR Abigail Aller, Jennyfer Marcelo

HEARST MAGAZINES INTERNATIONAL
SENIOR VICE PRESIDENT/CFO AND GENERAL MANAGER: Simon Horne SENIOR VICE PRESIDENT/INTERNATIONAL PUBLISHING DIRECTOR: Jeannette Chang SENIOR VICE PRESIDENT/EDITORIAL DIRECTOR: Kim St. Clair Bodden DEPUTY BRANDS DIRECTOR: Chloe O'Brien FASHION/ENTERTAINMENT DIRECTOR: Kristen Ingersoll INTERNATIONAL EDITIONS EDITOR: Jacquelyn Galgey

EDITOR-IN-CHIEF, COSMOPOLITAN (1965-1997):
Helen Gurley Brown

INTERNATIONAL EDITIONS
EDITOR, ARGENTINA: María José Grillo EDITOR, AUSTRALIA: Keshnee Kemp EDITOR, BRAZIL: Cristina Naumovs EDITOR, BRITAIN: Farrah Storr EDITOR, BULGARIA: EDITOR, CHILE: Ignacia Uribe EDITOR, CHINA: Yvonne Liu EDITOR, CROATIA: Aleksandra Orlic EDITOR, CZECH REPUBLIC: Sabrina Karasova EDITOR, FINLAND: Stina Mantyniemi EDITOR, FRANCE: Marie La Fonta EDITOR, GERMANY: Anja Delastik EDITOR, HONG KONG: Ruqiyah Law Kam Ying EDITOR, HUNGARY: Johanna Sabján EDITOR, INDIA: Nandini Bhalla EDITOR, INDONESIA: Filisya Thunggawan EDITOR, ITALY: Francesca Delogu EDITOR, KAZAKHSTAN: EDITOR, KOREA: Hyun Joo Kim EDITOR, LATIN AMERICA: Paulina Canales Lopez EDITOR, LATVIA: EDITOR, LITHUANIA: Violeta Kalikauskiene EDITOR, MALAYSIA: EDITOR, MIDDLE EAST: Brooke Dallow EDITOR, MONGOLIA: EDITOR, NETHERLANDS: Anne Marije de Vries Lentsch EDITOR, POLAND: Hanna Wolska EDITOR, ROMANIA: Diana Colcer EDITOR, RUSSIA: Polina Sokhranova EDITOR, SERBIA: Nasja Veljkovic EDITOR, SLOVENIA: Manca Campa Pavlin EDITOR, SOUTH AFRICA: EDITOR, SPAIN: Cecilia Muzquiz Herrero EDITOR, SRI LANKA: EDITOR, TURKEY: Ozlem Kotan EDITOR, UKRAINE: Oleksandra Burynska EDITOR, USA: Michele Promaulayko.

COSMOPOLITAN is published by SH Publications, Inc. All rights reserved. Philippine Copyright 1998 by SH Publications, Inc. No part of this magazine may be reproduced in any manner without the permission of the publisher. Opinions expressed in this magazine are the writers' and are not necessarily endorsed by the publisher. The publisher reserves the right to accept or reject editorial or advertising material. Publisher assumes no responsibility for unsolicited material.

For local dealership and distributorship inquiries, look for Mr. Joel Valdez at tel. no. (632)451-888 loc. 1094. For international distribution inquiries, call Circulation at (632)451-888 loc. 1092; look for Ulyssis Javier. Visit www.summitmedia.com.ph/subscribe. ADDRESS ALL CORRESPONDENCE AND SUBSCRIPTION INQUIRIES TO COSMOPOLITAN, 7/F Robinsons Cybergate Tower 3, Robinsons Pioneer Complex, Pioneer St., Mandaluyong City 1550, Philippines. Tel. No. (632)451-8888. Fax No. (632)398-8060. Email us at customercare@summitmedia.com.ph or cosmopolitanph@gmail.com

THE MODELS PHOTOGRAPHED IN COSMOPOLITAN ARE USED FOR ILLUSTRATIVE PURPOSES ONLY; COSMOPOLITAN DOES NOT SUGGEST THAT THE MODELS ACTUALLY ENGAGE IN THE CONDUCT DISCUSSED IN THE STORIES THEY ILLUSTRATE. STORIES HAVE BEEN EDITED FOR LENGTH, CLARITY, CONTENT, AND ACCULTURATION.

(PHOTO) MARK JESALVA. (COCKTAIL RECIPE) COURTESY OF BACARDI. (COCKTAIL PREPARATION) ORMAN BAG-AO.

Knock

HOT, FRESH, AND RIGHT-THIS-MINUTE



READ 'EM AND TWEET

CHAPTER ONE

MAYBE DISCUSSING DANIELLE STEEL'S latest novel in an auntie-approved cafe because 'Hannah's *tita* loved it' isn't the best way to expand your literary horizons. Hence, the rise of online book clubs. They're open 24 hours a day, you can praise or bash new titles or classics from behind the safety of an iPhone screen with thousands of others, and they're bigger than a tome of *War And Peace* right now. The app Litsy (think Instagram for bookworms) is for posting snaps of your recent reads, then waiting for the comments and dissection to roll in. Twitter and Facebook are heaving with celebrity-endorsed groups too, such as Between Two Books, and the Poppy Loves club. Even Emma Watson has launched her own, Our Shared Shelf, on Goodreads.com, where more than 189,000 people discuss a monthly read selected by the actress.

(TEXT) JENNIFER SAVIN. (PHOTO) JOHANNA PARKIN. (GLASSES) MIU MIU AT DAVIDCLULOW.COM.

15 THINGS TO DO THIS MONTH

1 **SAY GOODBYE** to friends leaving for foreign shores with a heartfelt card. *Hanggang sa Muli* card, ₱110, and *Pangako* card, ₱130, Cheryl Owen at Common Room.

2. STAND OUT on a gloomy day with bold, colorful prints. Dress, ₱3,490, H&M.

3. STAY WARM in a cozy sweater. Top, ₱2,990, H&M.

4. SAY GOODBYE TO DRY LIPS with Human Nature's Natural Lip Scrub (₱175) and Sunflower Lip Miracle (₱199.75). After exfoliating with the scrub, apply Sunflower Lip Miracle and leave it on overnight.

5. SIP HOT CHOCOLATE from a stylish mug on a rainy afternoon. Mug, ₱449, Cath Kidston.

6. CHILL OUT with these floral stickers. Water repellent stickers, ₱90 each, Artsyology; Big Blooms set, ₱110 and Dainty Botanicals set, ₱130, Cheryl Owen; all at Common Room.

7. SHOW YOUR MOM SOME LOVE with these magnets. After all, sweet gestures are even sweeter when they're done for no particular reason. Magnets, ₱190, Artsyology at Common Room.

8 **SLEEP SOUNDLY** after spritzing your sheets with these room and linen sprays. ₱380 each, Tweet & Twine at Common Room.

9. HELP YOUR GUY STEP UP HIS STYLE GAME with these dapper lapel pins. ₱699 for set of 3, Serious Gentlemen at Common Room.

[TEXT] ANGELICA GUTIERREZ. [PHOTOS] LOUIE AGUINALDO, CATH KIDSTON, H&M, HUMAN NATURE.

SPERRY
Since 1935



SUNSET SAIL.

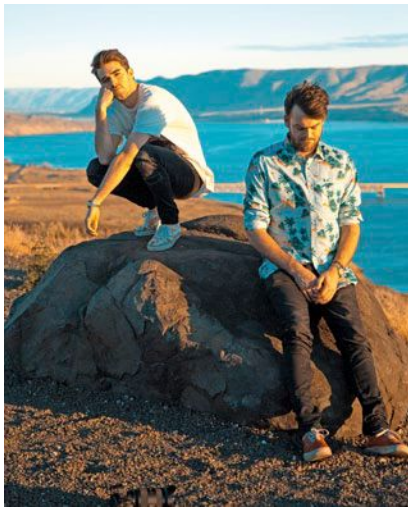
Head back with a rosy outlook.

BONIFACIO HIGH STREET, GLORIETTA 3, TRINOMA, UP TOWN CENTER, SM FAIRVIEW, SM NORTH THE BLOCK, SM AURA PREMIER, SM MALL OF ASIA, SM SOUTHMALL, SM EAST ORTIGAS, ESTANCIA MALL, ROBINSONS PLACE MANILA, ROBINSONS PLACE ILOCOS NORTE, SM CITY BAGUIO, SM CITY DASMARINAS, SM CITY UPK AYALA CENTER CEBU, SM NORTHWING CEBU, SM SEASIDE CEBU, SM CITY ILOILO, SM CITY BACOLOD SM LANANG PREMIER, CENTRIO MALL CDO **sperry.com.ph**



10 GET READY TO SCREAM

with *It*, a horror movie based on one of Stephen King's most popular and most terrifying novels. A group of kids are confronted with their biggest fears when they square off against an evil clown named Pennywise, whose history of murder dates back centuries.



13 FEEL ALL THE FEELS

at The Chainsmokers concert on September 13 at the SM Mall of Asia Arena.





11. BINGE WATCH

Designated Survivor before the second season starts on September 27.

12. TIME TRAVEL with

Claire when *Outlander*'s third season begins on September 10. After returning to the 20th century, Claire struggles to repair her marriage with Frank while they raise Brianna, her daughter with Jamie. But what will happen when decades later, she discovers that Jamie is alive and well in 18th century Scotland?



14

TURN IT UP with Sony's Extra Bass Headphones (₱2,999), which—you guessed it—is all about that superior bass sound. Customize the in-line remote's music, volume, and call controls by downloading the Smart Key app on Google Play.

The 38th MANILA INTERNATIONAL BOOK FAIR

SEPTEMBER 13-17, 2017

15 GET LOST IN A GOOD BOOK

at the 38th Manila International Book Fair on September 13 to 17 at the SMX Convention Center.

[PHOTOS] [HEADPHONES, CHAINSMOKERS] COURTESY OF SONY. [OUTLANDER] COURTESY OF STARZ. [DESIGNATED SURVIVOR] COURTESY OF NETFLIX. [BOOK FAIR] COURTESY OF MANILA INTERNATIONAL BOOK FAIR. [IT] COURTESY OF WARNER BROS. PICTURES.

Amazingly delicious!

Gardenia Black Forest Loaf

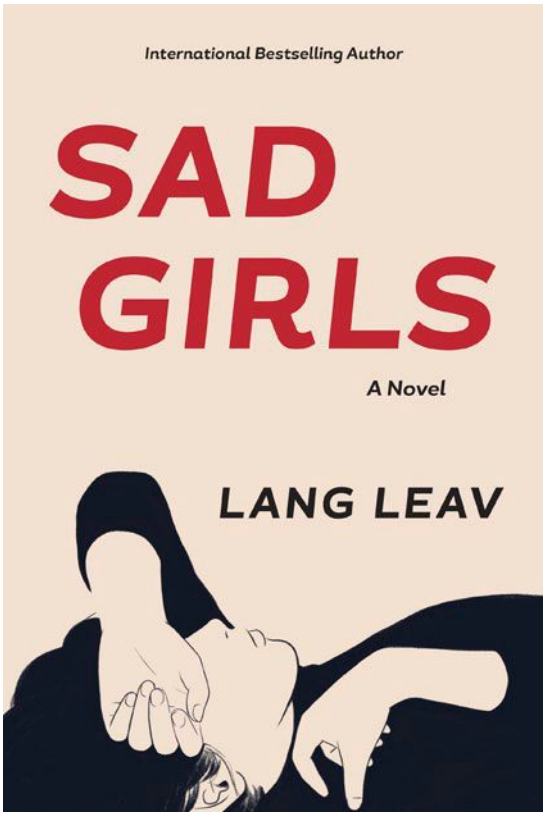
Indulge in the exquisite combination of real luscious cherries
and decadent chocolate goodness oozing in every bite.
You'll be amazed sa sarap!





O, Gardenia® na!

ASC REF NO. G050P070517G



COSMO RADAR

POETRY AND PROSE

After releasing four best-selling poetry books in four years, Lang Leav comes out with her first novel, *Sad Girls*, a coming-of-age story about the lasting effects of a young girl's death.

HOW DIFFERENT WAS YOUR WRITING PROCESS FOR *SAD GIRLS*?

"Writing poetry is pure emotion, and the process is much quicker. I had to take some time off to work on *Sad Girls*; I spent almost an entire summer in Waiheke Island, New Zealand with my partner (and fellow author Michael Faudet) and his son. It's where I wrote most of the book, exploring and integrating poetry and prose."

THE BOOK ENDS ON A SHOCKING NOTE. HOW DID YOU COME UP WITH THE ENDING?

"I had planned an ending that I guess you could say was more commercial. When it was time to write it, I was talking to my partner about how I wasn't happy with it. We arrived at a conclusion, which became the actual ending. It felt right. I suppose a lot of people would feel blindsided by it, which I think is kind of cool. But once they have the chance to process things, they'll see all the markers I put leading to the conclusion."

WHAT'S IT LIKE TO HAVE A FELLOW WRITER AS A PARTNER?

"We're brutally honest with each other when it comes to work. We're each other's worst critics, but I think it's really great. When you're too close to your work, sometimes you don't see your mistakes, so you need a fresh pair of eyes. We voice our opinions, but at the end of the day, we've got the final say in our own work."

Sad Girls *is available at National Book Store.*

QUEEN OF ALL (DIGITAL) MEDIA

After spending half her life in the public eye, Kris Aquino is ready for yet another adventure.

Kris has been sitting squarely in the center of media attention lately, what with rumors buzzing about her involvement in a Hollywood film—involving some, ahem, crazy rich Asians—but she's got more tricks up her sleeve than we thought. She's in the thick of preparations to star in one of the very first iFlix Originals as the streaming service gears up to expand their digital library. Details are scant, but in true Kris Aquino fashion, the release is slated for Valentine's Day (her birthday). So whether you're loyal to the silver screen, want a cinematic experience, or prefer your content on-demand, you won't be missing out on Kris anytime soon. Want a Kris-approved marathon? Queue up *(500) Days of Summer, The Good Wife, The Closer, Gossip Girl, Friends*, and *The Mentalist* on iFlix.



(TEXT) CHANDRA PEPINO, DYAN ZARZUELA. (PHOTOS) COURTESY OF NATIONAL BOOK STORE AND IFLIX.

DESTINATION: Chasing Wonders with AirAsia



Here's a guide to Asia's best nightlife spots.

Macau
City of Dreams

Experience a night scene like no other at Club Cubic, one of the largest and most prestigious clubs in Macau. You can also enjoy a spectacular water show at the House of Dancing Water. Present your AirAsia boarding pass from Manila to Macau for a 10% discount.

Promo period is until December 31, 2017.
Per DTI-FTEB Permit No. 6912 Series of 2017.



Seoul
Hongdae

Take your pick from the many nightlife spots in Seoul: Itaewon, Gangnam Station, and Apgujeong. But if you'll only be in the city for a week, make sure to visit at the end of the month and head over to Hongdae. "Club Day" is celebrated on the last Friday of every month, where you can purchase a pass that gives you access to free drinks from multiple clubs.

Shanghai
Xin Tian Di



Aside from being home to a trendy mix of bars, pubs, and night clubs, Xin Tian Di also has restaurants and cafes housed in old European-style buildings and Shikumen houses. Other nightlife districts in the city include Hengshan Road Bar Street, Tongren Road Bar Street, Maoming Road South Street, Yandang Road, and Julu Road Bar Street.



Taipei
Bar Districts and Night Market

Have a drink (or three!) at Taipei's main nightlife spots: Shida Road and National Taiwan University, Xinyi District, An Ho Road, and Shuang Cheng Street. If drinking isn't your thing, you can visit one of the many night markets scattered around the city. If you want to experience both, don't miss the Hunger Game and Pub Crawl tour! Get up to a 15% discount when you present your AirAsia boarding pass from Manila/Cebu to Taipei.

Promo period is until September 30, 2017. Per DTI-FTEB Permit No. 8975 Series of 2017.

Hong Kong
Lan Kwai Fong

You wouldn't want to miss Lan Kwai Fong—home to the best bars, clubs, and restaurants. The Hong Kong Pub Crawl Tour allows you to deviate from the usual tourist trail and discover the world-famous nightlife that Hong Kong has to offer. Get a 20% discount or avail of the "Buy 2, Get 1 Free" promo when you book flights from Manila to Hong Kong via AirAsia.

Promo period is until September 30, 2017. For more details, visit klook.com/promo/airasia_pubcrawl. Per DTI-FTEB Permit No. 7120 Series of 2017.



Find out more about AirAsia's exclusive offers at airasia.com and facebook.com/AirAsia.

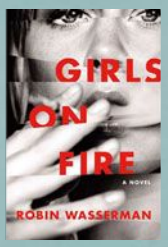
IT'S LIT!

FUN, FEARLESS, DYSFUNCTIONAL FRIENDSHIPS

The Wallflower and the Wild Child—over the years, YA authors have tirelessly explored this trope, and for good reason. This month, we're looking at the power and mystery of teenage female friendships.



All available on Amazon Kindle.



GIRLS ON FIRE

by Robin Wasserman

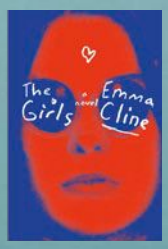
A small town is shaken by the suicide of one of its most prized golden boys—and for Dex, it was fight or flight. Dex decides to shed her old, timid skin and transform into a rebellious, defiant teen, thanks to her new friend Lacey. But when details of the murder resurface and coincide with puzzle pieces from Lacey's past, Dex finds herself trapped in horrific circumstances. Can she save Lacey without losing herself?



SUMMER SISTERS

by Judy Blume

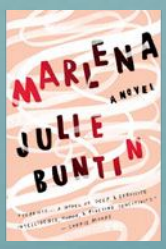
Eleven-year-old Victoria can't believe her luck when popular, free-spirited Caitlin invites her to Martha's Vineyard. There, at the seaside playground of affluent families, they become Vix and Cassandra, summer sisters forever. As they navigate the choppy waters of adolescence, their friendship opens Caitlin up to a world of privilege, sex, first love, and heartbreak.



THE GIRLS

by Emma Cline

Cults seem to be a fixture of the past—but in 1960s Northern California, they were anything but. Evie Boyd is an impressionable 14-year-old girl who happens to be in the wrong playground at the wrong time. Before long, she succumbs to the siren call of a group of mysterious girls... and the Kool-Aid is so cold and refreshing, she can't help but take a sip. The novel is inspired by real-life events surrounding cult leader Charles Manson. As the story unfolds, Evie hurtles toward certain death, with any hope for salvation bleak and distant.



MARLENA: A NOVEL

by Julie Buntin

Cat's life changes forever when she moves to Silver Lake, where she meets her beautiful, reckless neighbor Marlena. As the two become inseparable, Cat gets swept up in Marlena's life of truancy, drugs, and alcohol—until the latter is found dead, drowned in six inches of icy river water. Years later, Cat still struggles to move on. Julie Buntin's debut novel is a nuanced take on the complexities of female friendship, and how our decisions determine the people we become.

[TEXT] ANGELICA GUTIERREZ, CHANDRA PEPINO. [PHOTO] GETTYIMAGES.

SAMSUNG

Galaxy J7 Pro

CAPTURE THE NIGHT



Great
Night Camera

₱15,990 SRP

Samsung Customer Contact Center:
TOLL FREE 1-800-SAMSUNG (PLDT) · 1-800-3SAMSUNG (Digitel) · 1-800-8SAMSUNG (Globelines) · +632 580-577 (Mobile Phone User) · (02) 422-2111 (other users)

www.samsung.com/ph

COSMO BAE
MARLON STOCKINGER

With a good head on his shoulders and a heart that is open to life lessons, this internationally acclaimed race car driver is a winner on and off the track.

What are you like on the track?

I'm quite fired up. To psych myself up, I do warm-ups and listen to hip-hop, rock, or whatever music I'm in the mood to listen to. It's one way to literally drown out the noise, and it helps you focus and lock in for the rest of the competition. A lot of racing drivers look cool, calm, and collected, but under that helmet, there are a lot of emotions at play. There's a lot of controlled aggression that goes into it.

What's a common misconception about racing that you'd like to set straight?

With all the glamour and hype around race weekend, especially Formula One, people think that drivers just arrive in fancy helicopters, boats, or jets to the track. But behind the scenes, there's a lot of hard work. You spend all your time building up to those two days that you're going to go flat out. You're working with a whole team—just starting up a racing car takes more than five people. You need a team to put the tires on, start the engine, warm it up, check the systems, and so on. So while people typically only see drivers take home the trophies, motorsport is very much a team sport.

> "Racing is definitely a good school for life."

What have you learned from all your years of racing?

I've been racing since I was nine years old, and the sport is definitely a good school for life. There are thousands of components in a racing car, and you're just one piece of flesh amidst all that metal. You learn that some things can go wrong, that some things are out of your hands. In that aspect, you learn to not blame yourself for everything. You take the good with the bad and try to persevere.

You once dedicated a win to your mom, right?

Yeah, I was so happy when I got my first podium in one of the bigger series, and I dedicated that race to my mom. Aside from that, I think the best thing I've done for her is taking her out on a date for Valentine's Day.

You also have a close relationship with your sister...

Audrey is only a couple of years younger than me, and we really get along. I mean, we tend to butt heads, but she's really mature for her age. I can't recall a lot of days fighting with her compared to getting along and talking through things.

How protective are you when it comes to her and guys?

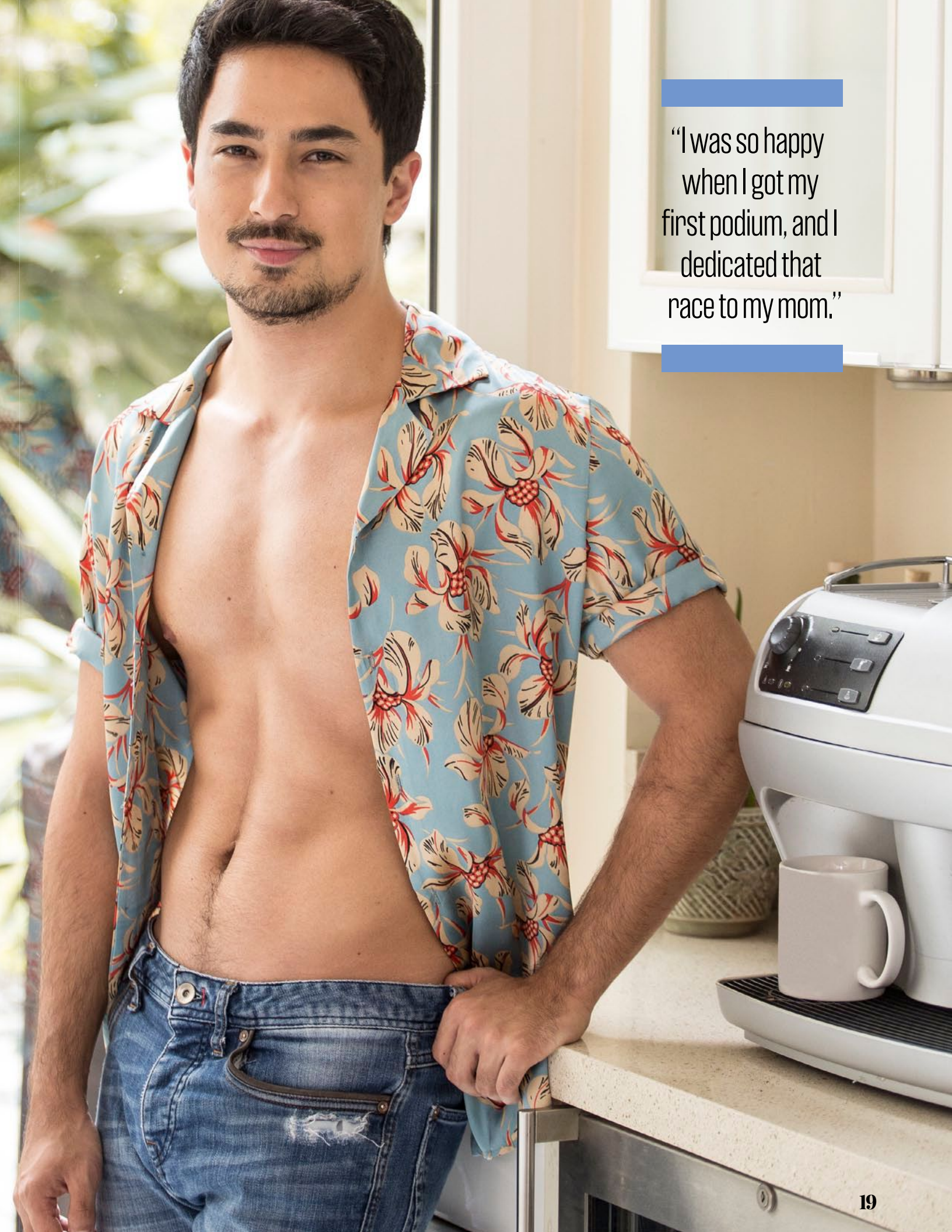
I think it's more of her trying to protect me! She's really headstrong, and I trust her to make her own decisions. She left home when she was young, picked her university, and did all the steps the way she wanted. In the end, of course I'll always be a big brother and step in if necessary and let her know if something's right or not.

Moving on to other members of your family: Tell us about your golden retrievers.

My sister and I have two dogs named Summer and Naya, who are three years old. I've always been a dog person—I think cats are cool, but I'm allergic to some types of cat fur. The best thing about having a pet is the unconditional love. Whether you're having a good day or a bad day, whether you're happy with them or mad at them for misbehaving, they'll always love you.



[INTERVIEW] DYAN ZARZUELA. [PHOTO] JICO JOSON. [MAKEUP] OMAR ERMITA. [HAIR] ANGELU DOMINGUEZ. [SITTINGS] HAPPY LOPEZ, PAULA PANGAN.



"I was so happy when I got my first podium, and I dedicated that race to my mom."

Because our worst moments happen in front of the cutest boys

CONFESSIONS

"I was finally on a date with my crush. I had the time of my life, and we talked for hours. When we got up to leave, I realized I hadn't been able to change my tampon all day. There was a massive red stain on the back of my jeans. Luckily, he's a gentleman who lent me his jacket so I could cover up. He turned out to be gay later on, but we're still pretty close friends."

—CJ, 21

"My first teenage crush was my next-door neighbor. One day, I was watching him play basketball with some friends at the village court. The ball ended up flying in my direction, so they asked me to throw it back. Hoping to get his attention, I threw the ball at my crush, who didn't see it coming and got hit in the crotch. I'm so sorry, JM."

—ALTHEA, 21

"I began to redevelop feelings for my ex, a coworker who had cheated on me. My best friend, knowing I was about to go on a date with him one night, took my phone as I was in the bathroom getting ready. She deleted his number, switched my passcode, and locked me in my room with her until morning. When I ran into him at work the next day, he shot me a look of disappointment. But hey, it was for the better!"

—ROBIN, 22

"I was at my aunt's wedding and my sister's boyfriend brought his brother, whom I had had a crush on for the longest time. Little did I know my aunt had set me and him up to be partners in a game. We had to press an orange between our foreheads as we went through an obstacle course, and my friends were whooping and chanting, 'First date *na 'yan!* First date *na 'yan!*' until all the guests joined in. Later on, he apologized and said he already had a girlfriend."

—KC, 29

"I had a huge crush on one of my college professors, but I never acted on it because it was inappropriate. One afternoon, he called me into his office to discuss my grades with me. I closed the door behind me...and locked it. To this day, I don't know what came over me! He heard the lock click and was puzzled. I mumbled a quick apology and couldn't look him in the eye the whole time."

—JANE, 20

"I invited all of my friends, including my crush, to my house for my 24th birthday. It was almost four in the morning and the party was still going on, but I was so exhausted that I passed out on the couch. The next day, our Telegram group was filled with pictures of me drooling while asleep, mouth fully open. My crush had taken the photos. I wanted to cry."

—ASHLEY, 24

CRUSH-O-METER

- FORGIVABLE IDIOCY
- MAYBE HE DIDN'T NOTICE...?
- WORST IMPRESSIONS
- *WELL, HE HATES ME*
- PAG-IBIG... FUND *NA LANG*
- GUESS WHO'S STAYING SINGLE!

[TEXT] COMPILED BY CHANDRA PEPINO. [PHOTO] ISTOCK.


End the Dry spell...
with
New!
EZ
Cooling Jelly
icy mint
Water-based lubricant
Condom-friendly
Feeling of natural lubrication with a twist of icy mint sensation
5g
The water-based lubricant with an icy mint sensation.
EZLubricatingJelly
TRUST
dkt

COSMO CONTRACT

USING A MENSTRUAL CUP FOR THE FIRST TIME

This is an agreement made by A Woman Trying to Be Environmentally Responsible (hereafter referred to as The Convert).

1. THE TESTIMONY

The Convert's progressive, feminist, period positive friend will extol the virtues of the menstrual cup. She will listen to said friend talk about how it's even better than tampons. After a few months, The Convert will agree to try the cup—even if she is generally uncomfortable inserting anything into her vagina—because sanitary napkins take 500 to 800 years to decompose.

2. THE STRUGGLE

The Convert will apologize to her lady parts in advance and play a comforting Disney song in her head as she crams the cup into her vagina. She will be surprised as it goes all the way in, including the stem which is supposed to be trimmed. She will feel even more perplexed when, while peeing, the cup descends so that the stem sticks all the way out of her vagina. She will be utterly horrified when she pulls the cup out and accidentally drops it in the toilet. And she'll never think of that Disney song the same way again.

3. MORAL SUPPORT

The Convert will thank her lucky stars that her friend is willing to entertain all her questions and (figuratively) hold her hand throughout her whole cycle. She will reassure her that the learning curve is a bitch, and give her tips like twisting the stem until she feels the cup "pop," and running her finger around the cup to make sure it's open. The same blessed friend will check in on The Convert from time to time.

4. LADY MACBETH

The Convert's first day using her menstrual cup in the office will, unfortunately, coincide with her heaviest day. She will wait for everyone to leave the bathroom before she scrambles out of the stall and tries to remove all traces of blood from her hands before anyone enters. She now completely gets why Dodai Stewart of Jezebel calls this a "Lady Macbeth moment."

5. PRACTICE MAKES PERFECT

The Convert will experience a sense of triumph when she finally gets the hang of inserting her cup so she forgets it's even there. She loves that she can no longer feel her period at all, and the idea of using napkins will seem messy and bothersome. She can leave her cup in for up to 12 hours, and there's no smell when she takes it out. She will have a new sense of familiarity with her body, and look forward to seeing how much is in her cup when she empties it. The sight of her blood, rather than grossing her out, will feel like something perfectly natural.

Signed: _____ (The Convert)

[TEXT] ANGELICA GUTIERREZ. [PHOTO] LOUIE AGUINALDO. [STYLING] STEPHEN DE JESUS. [SITTINGS] DYAN ZARZUELA


BELLA HADID
PENSHOPPE
GENERATION
NOW.
www.penshoppe.com
penshoppe
teampenshoppe

WE'RE SO INTO ARIANA

Just in time for the Manila leg of her Dangerous Woman world tour, megastar **Ariana Grande** sits down with Cosmo for an intimate interview, where nothing is off-limits.

BY KYLE BUCHANAN
PHOTOGRAPHED BY ERIC RAY DAVIDSON





I want this to feel like a slumber party," Ariana Grande says, offering me a bowl of popcorn. We're in the Beverly Hills studio where she's been working on her fourth studio album, and before our faux sleepover gets under way, she introduces me to her small entourage, which includes a shy, cap-clad rapper in the corner. "This is Malcolm," she says, her eyes lighting up. You might know him by his stage name, Mac Miller. He's a longtime friend and featured artist on her first hit single "The Way," and he and Ariana have upgraded their relationship from platonic to official. But while they've become practically inseparable, even boyfriends can't crash this chat session.

"We're not allowed to have an audience, right?" she asks, sending Mac and her friends out of the room as we curl up on the couch for hours of candid conversation. "It's supposed to be just us."

Turns out, a party of two is plenty when you have as much to talk about as Ariana does. She's built a career any artist would envy: Her third album, *Dangerous Woman*, was a monster smash that spawned several hit singles, including the delightfully racy "Side to Side."

Last year, the 24-year-old also found time for an acclaimed *Saturday Night Live* hosting stint—that J. Law impression!—and gave it her all playing nerdy Penny in NBC's production of *Hairspray Live!*, a project so dear to her heart that she's currently rocking an oversized hoodie that reads Harvey, given to her by the show's star Harvey Fierstein. She also recorded the theme song to Disney's live-action version of *Beauty and the Beast*. NBD.

It's important to the former Nickelodeon star to prove that there's more to her than just being a ponytailed pop icon. "A lot of times, women are labeled as a bitch or a diva for having a vision and being strong and using their voice, and it's just not the case," she says. "You can be strong and be friendly. [We] don't have to be just one thing, you know? Women can love to read a book and have sex." For proof, she points to a painting of a female samurai on the wall. The lady warrior is rocking a familiar high pony and brandishing a sword—clearly, she exemplifies Ariana's fierce brand of femininity.

It's hard to believe you're on your third world tour. How are you feeling about it?

It's very exciting! "Dangerous Woman" is one of my favorite songs. I had to fight for it to be the first single. I said, "This will fulfill me. This is what I want to say right now. I'm coming into my own, I'm trusting myself." It was kind of a personal anthem saying that girls can do whatever they want.

It's also pretty sexual—you're wearing lingerie in the "Dangerous Woman" video....

I've taken baby steps in expressing my sexuality in my imagery. I'm all the way there now, but I'm also 24, you know? I'm still figuring everything out, but it's tight to be at a point where I'm having fun with it, and I don't think that makes me any less of a role model. I think that it makes me honest!

> "I've never looked at love as something that I need to complete me."

Do you think sexual confidence is crucial to being successful in your career?

There's scrutiny that comes with it, but I'm proud of myself for embracing it in my art and for keeping that cute shot of my booty in the "Dangerous Woman" video! There was a moment when we were editing when my director, Nev, was like, "You're going to be sad one day if we don't keep this in." I was like, "Nev, when I am 95, that is going to be framed over my fireplace." I'm not defined by it. I'm still a giving, loving person—that's not lessened by the fact that I showed my booty in a music video. I'm a good person—and I have a cute booty. It's a horrible situation that we're dealing with right now as women. I feel bad for girls who go to school with a short skirt and are told that they're asking for it just because they like [to show] their legs.

Switching subjects: You've had some high-profile boyfriends; now you're with Mac. What's the biggest difference between single Ariana and relationship Ariana?

Not much. I've never looked at love as something that I need to complete me. I would like to be complete on my own first and fall in love with somebody who is also complete. You can still celebrate and be totally obsessed with each other, but I want to feel a hundred percent myself so that I can love that person better.

Have you had any life-changing lessons from past relationships?

I always put everyone's feelings before mine. It can be taxing emotionally and drain the shit out of me. I've learned how to balance that out and be a loving partner but also nourish myself. A lot of people forget about the



whole self-love thing when they're in love, and both are imperative.

You and Mac have known each other for a while, right?

I met him when I was 19. We have loved and adored and respected each other since the beginning, since before we even met, just because we were fans of each other's talent. We weren't ready at all, though, to be together. It's just timing. We both needed to experience some things, but the love has been there the whole time. There were times over the years when he would call me and hear that I was stressed or overwhelmed or not doing well, and he would call my mom. There were also times when he was really broken and sad—this was years ago—and I would come take care of him, because we love each other as best friends first and foremost.

So how did you know it was the right time?

The universe, man. She was belting in our ears.

Did everybody else know you guys were meant to be together before you did?

Oh, yeah. Our families have known the entire time. He saw a [magazine] cover of mine four or five Thanksgivings ago and told his mom, "She's The One." How cute is that? That was before we were even talking.

"I love being able to make fun of myself."

Let's talk about *SNL*. You totally crushed it!

SNL was the most fun I've ever had in my entire life. I love being able to make fun of myself. I love being able to put on a different mask. I love singing, of course, but I think that making people laugh and feel like they don't have to take everything so seriously is even more fulfilling to me.

How did the Jennifer Lawrence sketch happen?

They were like, "Can you do a J. Law?" And I was like, "I have no idea. I could try." I didn't know if I could! That was my first time trying it. I think she liked it though—that's what I heard.

There must be less pressure working with an ensemble, like *SNL* or *Hairspray*, as opposed to all eyes on you.

It's an escape—a mental vacation from a job that is sometimes so incredibly self-centered, if that makes sense. I love making music, but it's a different type of fulfillment when you're working on telling a story with a hundred other people and you're a part of the big picture. I started on Broadway. And before that, I was waiting outside the *Jersey Boys* stage door with a Playbill and a Sharpie, begging for autographs.

A lot of artists branch out and start doing other things like fashion lines, fragrance.... Would you consider yourself a businesswoman?

I didn't care about the business part for a very long time. I was just burying myself in the music and being like, "Cool, wake me up when I have to sing." Not until the past two years did I start to have any sort of business sensibility. Now I can confidently say that I run my show entirely from top to bottom.

That's a lot—why is being the boss so important to you?

I realized how not okay I am with putting everything in someone else's hands, because if I'm going to make art then I should care about how the art is going to be handled and how it's going to be represented. I have to think about everything, and I didn't realize it's a full-time job. Now, I'm very much in charge, and it feels amazing.



SHOUT-OUTS TO STRONG WOMEN

Ariana is all about encouraging female empowerment.

ON HER MOTHER

"My mom owns a company that designs and manufactures marine communication equipment. Talk about a woman in power! I've learned about the double standards women face from watching her. She's my biggest supporter, but if I was like, 'I'm done,' she'd say, 'Okay, let's teach you how to be an engineer.'"

ON NICKI MINAJ

"Literally, the things I would do for Nicki Minaj! I adore her as an artist but even more so as a person. She's very real. I could tell her about anything and she'd be ready to listen."

ON MADONNA

"I have the utmost respect for that woman. I love her with every ounce of my being, and not just because of her ability to outlast the blatant bullying and bullshit that she's had to put up with or because I'm obsessed with her entire discography. I'm so inspired by her bravery and her strength. I can look at her and not be scared to be strong."

COSMO QUIZ

ariana Grande Butera



Nickname: ari

My turn-ons:

intelligence, bomb ass sense of humor, sincerity, and knowing who Kristin Chenoweth is.

My happy place:

CVS

The next movie I'd love to star in a remake of:

Little Shop of Horrors / Gypsy

The last thing I Googled:

what time is sunrise?

My choice cocktail:

Hot toddy (good for ya throat)

My favorite impression to do:

a. Jennifer Lawrence
b. Britney Spears
c. Celine Dion
d. Shakira

IMO, a party isn't complete without:

stimulating conversation

I have a real fear of: Mike Pence

Aj

[PHOTOS] HEARST COMMUNICATIONS INC., INSTAGRAM (@CELINEDION, @DENISETRUSCELLO), STARZ, UNSPLASH/JOHANNES PLENIO.

Australia's No. 1 Scar and Stretch Mark Product



"I picked up Bio-Oil on a whim while walking through the pharmacy. The product works. I have a few stretch marks, a couple of old faded scars, and dark bags under my eyes. After using Bio-Oil the appearance of the stretch marks is better, the bags are less noticeable (I get compliments all the time now on how young my face looks) and the scars also look way better. I will continue to buy Bio-Oil. It works."
Phenix Hall

Bio-Oil® is a specialist skincare product formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient, PurCellin Oil™, is also highly effective for ageing and dehydrated skin. For comprehensive product information and results of clinical trials, please visit bio-oil.com. Bio-Oil® is available at pharmacies and selected retailers at the suggested retail price of ₱495.00 (60ml). Individual results may vary.

IRI Australia, October 2016
P. Hall, July 2009

A014N040317B

MAGIC 89.9
Today's Best Music









The Mother Show

DEL, ANDI & RIKI
FRIDAYS: 10AM - 12PM
JULY 28, 2017

PHOTOS BY: SARIE SANTIAGO
WWW.SARIESANTIAGO.COM

#EVERYTHINGSMAGIC #WEALLNEEDMAGIC

Wear

WE LIKE YOUR STYLE—SO START OWNING IT

SWEET, SEXY THING

This month, go beyond your garden variety lingerie with sensual separates and pajama pieces in petal-pretty hues.



(PHOTO) PAOLO PINEDA (STYLING) HAPPY LOPEZ (ILLUSTRATION) SASHA MARTINEZ (STYLING ASSISTANTS) CARIE AGUILA AND APRIL LOZADA (MAKEUP) SYLVINA LOPEZ (HAIR) FRANCIS GUINTU FOR REVLON PROFESSIONAL (MODEL) VANESSA JOHANSSON OF PRIMA STELLA MANAGEMENT. (BRA) AVON, P425. (NECKLACE) PARFOIS, P1,790. (SHORTS) BARBIZON, P649.75 PER SET.

LAYERING

Layers that look sexy, not frumpy? It *can* be done.

SHEER OVER ANYTHING

Transparent pieces add a trendy twist to casual pairings.

Choker, Ever New, ₱790. Sheer dress, ₱1,015, cropped top, ₱755, and rings, ₱385, all Forever 21. Jeans, Bench, ₱799.75. Bag, Ever New, ₱1,290. Shoes, Charles & Keith, ₱2,599.



[PHOTOS] DAIRY DARILAG. [TEXT] COSMO AU. [STYLING] HAPPY LOPEZ. [ASSISTED BY] CARIE AGUILA AND APRIL LOZADA. [MAKEUP] TIN ALBANO USING NARS. [HAIR] ANGELU DOMINGUEZ. [MODEL] LUCIA ALCANTARA OF PMAP.



CORSET OVER SHIRT

The corset is one of this year's hottest trends, and the perfect way to sex up your button-down!

Button-down,₱1,990, and bag, ₱1,290, both Ever New. Corset, Forever 21, ₱655. Pants, Bench, ₱799.75. Bracelets, Parfois, ₱590. Shoes, Charles & Keith, ₱2,399.

SHIFT OVER PANTS

Choose a cropped pair to let some leg peek through and prevent the layers from weighing you down.

Earrings, ₱490, and bracelet, ₱590, both Parfois. Dress, ₱2,799, and shoes, ₱2,599, both Sfera. Pants, Bench, ₱799.75.

DRESS OVER JEANS

The key is to show a decent amount of denim, so look for wrap dresses that have a split hem.

Earrings, ₱490, and ring, ₱390, both Parfois. Tee, ₱1,195, and dress, ₱3,495, both Topshop. Jeans, Bench, ₱899.75. Shoes, Charles & Keith, ₱2,399. Bracelet, Ever New, ₱490.

CAMI OVER KNIT

That cami still kicking around in your closet from sunnier days? Throw it over a mock-neck top and you're all set.

Earrings, ₱490, and ring, ₱390, both Parfois. Layered tops, ₱1,990 as a set, and bag, ₱1,790, both Ever New. Skirt, Miss Selfridge, ₱5,995. Boots, Sfera, ₱2,559.







FASHION 3-WAY

WEAR IT LIKE...

There are no slim pickings with these refreshing floral combinations.

THANDIE NEWTON

Try mixing different textures and fabrics like lace and embroidery for a luxe look.



MIRANDA KERR

Match your floral pants with neutral basics to balance out the busy print.



DIANE KRUGER

Shoulder cutouts give an otherwise covered-up maxi dress a sexier vibe.



[TEXT & STYLING] HAPPY LOPEZ. [KERR] GETTY IMAGES. [NEWTON, KRUGER] REXFEATURES. [BERSHKA, STRADIVARIUS, PULL & BEAR, MANGO, ZARA, PARFOIS, H&M, CHARLES & KEITH] COURTESY OF RESPECTIVE BRANDS. [KATE SPADE, TOPSHOP] COURTESY OF ZALORA.COM.PH.



H&M



ASK HAPPY

I'M INTO WEARING PRINTS, BUT I FEEL THEY'RE TOO SUMMERY FOR THE OFFICE. WHAT OTHER ALTERNATIVES CAN I PULL OFF AT WORK?

Plaids are big this season—and are totally office-appropriate. Stand out in a sea of LBDs and khaki chinos with a puff-sleeved dress in a more subdued print. Add some drama with a flared skirt!



STYLE QUICKIES

Cosmo fashion editor **Happy Lopez** fixes your fashion probs and shares her new obsessions.

DESIGNER DIBS

Who hasn't dreamt of owning a Vania Romoff creation? We definitely have—and her collaboration with retail brand Plains & Prints is exactly what we've been waiting for. We're calling dibs on her floral dresses, ruffled basics, and ethnic prints before they fly off the shelves.





HOT HARDWARE

If there's one accessory you must have at the moment, it's anything with tassel details. We love Heyjow's South African-inspired anniversary collection: leather tassel earrings and necklaces mixed with intricate gold and wooden elements, making them the perfect add-ons to any outfit.

GET WET

With the crazy, unpredictable weather, planning your outfits can be tricky, especially when it comes to footwear. Sneakers will probably be your go-to, but they can get soaked quickly if they're made of canvas. Opt for a pair that's built for stormy weather like Sperry's 7 Seas Sport boat shoes. They're made of water repelling mesh and have traction pods to keep you from slipping on wet surfaces.





COMMUTER CHIC

We know how tough and scary everyday commuting or traveling in a foreign place can be, and getting pickpocketed is just one of the many hassles you want to avoid. For a worry-free commute, get yourself one of Pacsafe's CitySafe CX bags. Aside from its sleek designs, each bag is built with advanced anti-theft features and zipper locks to keep your belongings safe while you're on the go.

(TEXT) HAPPY LOPEZ. (PHOTOS) COURTESY OF RESPECTIVE BRANDS.



IN FULL BLOOM

Slip into lacy lingerie and silky loungewear for your sexiest night in—with or without a date.

BY HAPPY LOPEZ
PHOTOGRAPHY BY PAOLO PINEDA
ILLUSTRATIONS BY SASHA MARTINEZ



THIS PAGE:
Cap, Forever 21, ₱735. Bra, Barbizon, ₱329.75. Undies, Avon, ₱599 set of three. Bracelets, Parfois, ₱590 per set.

OPPOSITE PAGE:
Robe, ₱1,595, and nightie, ₱1,595, both La Senza. Earrings, Parfois, ₱490. Ring, Forever 21, ₱330.



Bra, ₱2,290, and pajamas, ₱1,690, both Etam. Necklace, Parfois, ₱1,790.

Earrings,
Forever 21,
₱280. Bodysuit,
La Senza,
₱1,795. Shorts,
Maven Shop,
₱290.





Choker, Forever 21, ₱330.
Bustier, La Senza, ₱1,795.
Shorts, Etam, ₱1,690.

Necklace,
Parfois, ₱590.
Nightie,
Barbizon,
₱499.75.



(STYLING ASSISTANTS) CARIE AGUILA AND APRIL LOZADA. (MAKEUP) SYLVINA LOPEZ. (HAIR) FRANCIS GUINTU FOR REVLON PROFESSIONAL BRANDS PH.
(MODEL) VANESSA JOHANSSON OF PRIMA STELLA MANAGEMENT.

PHILIP STEIN & Jewelmer JOAILLERIE

icanserve FOUNDATION INC.

WHY WE FIGHT



FASHION CAN SERVE 2017

A FUNDRAISING FASHION SHOW

In support of icanserve's program for breast cancer awareness and early detection

October 8, Sunday
4pm, Raffles Makati

FEATURED FASHION DESIGNERS

JC BUENDIA
ITO CURATA
CARY SANTIAGO
MIA ARCENAS
VANIA ROMOFF
ROSENTHAL TEE

MAUREEN WROBLEWITZ

ASIA'S NEXT TOP MODEL

SECURITY BANK

Del Monte Quality 100% PINEAPPLE Heart Smart

Manulife

Hosted by
RAFFLES MAKATI

PAGCOR

MUNDO DESIGN+BUILD

ideal vision CENTER

Media Partner
SUMMIT MEDIA

Exclusive and Official TV partner
2ND AVENUE
etc

THE INQUIRER FOUNDATION
MANILA BULLETIN
THE PHILIPPINE STAR

Bloom.

GIRL-CRUSH-WORTHY GORGEOUS INSIDE AND OUT

GARDEN PARTY

Sorry, pumpkin spice latte. We're keeping things fresh throughout our faux fall. Our low-key obsession with fragrance layering has got us wearing light floral fragrances on top of deep woodsy, nutty, and musky scents. The result? Bespoke scents that are just as enchanting as they are perplexing—much like our country's lack of proper seasons.



(L-R, T-B) **Elie Saab Le Parfum Resort Collection** 50ml, ₱5,500. **Aerin Ikat Jasmine EDP** 50ml, ₱6,780. **Bvlgari Splendida Iris D'Or** 50ml, ₱5,490. **Bvlgari Splendida Rose Rose** 50ml, ₱5,490. **Coach EDT** 90ml, ₱4,998. **L'Occitane Neroli & Orchidee EDT** 75ml, ₱3,500. **Soleil Et Lune Audrey EDT** 50ml, ₱1,180. **Elizabeth Arden White Tea** EDT 100ml, ₱3,500. **Jo Malone English Oak and Redcurrant** 100ml, ₱7,500. **Jo Malone English Oak and Hazelnut** 100ml, ₱7,500. **The Body Shop White Musk EDT** 60ml, ₱1,595.

[TEXT AND STYLING] BIANCA MASCENON. [PHOTO] LOUIE AGUINALDO.

HOLY GRAIL

POWDER TO THE PEOPLE

Fight for your right to fresh, non-greasy skin.



Chock-full of anti-oxidants, this powder will keep your skin happy in the long run. **Matte of Your Dreams Oil Control Mattifying Powder, ₱1,299, Happy Skin**

It's high-coverage, which means it minimizes the appearance of blemishes and other skin imperfections. **PRO Face HD Matte Pressed Powder, ₱549, L.A. Girl, Watsons**

Wear the **True Color Oil Control Plus Dual Powder Foundation SPF 24 PA++, ₱289, Avon** over your everyday sunscreen for an extra layer of sun protection.

An airbrushed finish makes it easy to smile for the camera. **PhotoReady Powder, ₱975, Revlon**

Blurs pores and fine lines for a soft-focus finish. **Soft Velvet Loose Powder, ₱2,050, NARS**

This mattifying powder offers shine-free, medium coverage for a natural finish. **Ready, Set, Gorgeous Fresh Complexion Powder Foundation, ₱395, Covergirl**

Keeps skin luminous even after setting—perfect for achieving the dewy-but-not-oily look. **Prime Primer Finish Powder, ₱1,060, Banila Co.**

Permawear technology ensures you look fresh throughout the day. **Facefinity Compact Foundation, ₱799, Max Factor**

Matte and moisturized? It's possible. The **Dermo Cosmetics CC Micro Hydrating Powder, ₱930, Celeteque,** contains vitamin E and hyaluronic acid to give you healthy-looking skin.

[TEXT] BIANCA MASCENON . [PHOTO] LOUIE AGUINALDO. [STYLING] STEPHEN DE JESUS.


© 2017 Revlon
CHOOSE TO MAKE A STATEMENT
REVLON
REVLON
REVLON
REVLON
Love That Red
Blushing Mauve
Va Va Violet
Berry Rich
REVLON SUPER LUSTROUS™ LIPSTICK
The world's most iconic lipstick.
Formulated with **micro-fine pigments** for **high-impact color**. In 82 shades and 4 finishes*.
GWEN WEARS LOVE THAT RED
*Worldwide
REVLON



HOLY GRAIL

LOOK MA, NO HANDS!

Let these handy (and affordable!) tools help get you ready today.

1 The smooth texture of this sponge brings you even closer to that airbrushed finish. **Blending Sponge, ₱299, BYS**

2 It's the perfect size for blending in your blush! **Blend Me Sponge – Medium, ₱150, Ever Bilena**

3 Get into those harder to reach areas with this cute little blender. **Blend Me Sponge – Small, ₱135, Ever Bilena**

4 Your potted brow or eye gel's best friend. **Angled Brow Brush, ₱100, Ever Bilena**

5 Super soft bristles help you dust on just the right amount of blush. **Long Handle Powder Brush, ₱260, Ever Bilena**

6 These vegan brushes were shaped to fit right under your cheekbones. **Contour Brush, ₱1,195, The Body Shop**

7 Flat and easy to wield, these sponges make applying foundation easy. **Le Visage Foundation Sponge, price available upon request, Marionnaud, Watsons**

8 For great brows wherever, whenever. **Travel Sized Brow Definer, ₱750, Japonesque, Beauty Bar.**

9 Made to fit the contours of your face, this sponge has a surface for every single area that needs blending. **Air Touch Sponge, ₱499, Happy Skin**

10 You don't have to spend a lot to get a quality paddle brush. **Multi-task Paddle Brush, ₱250, EB Advance**

11 Your eyelid is sensitive, so make sure to get an eyeshadow brush with soft hairs. **Eyeshadow Base Brush, ₱295, The Face Shop**

12 This fluffy brush is perfect for blending your blush! **Blush Brush, ₱750, Revlon**

13 A good quality tweezer is essential for keeping your brows in tip-top shape in between appointments. **True Precision Tweezer, ₱300, Revlon**

14 Declump your lashes and your brows by brushing through them with a clean mascara wand. **Disposable Mascara Wands, ₱89, Mline, Watsons**

15 Get right into your crease with this contour shadow brush. **Contour Shadow Brush, ₱450, Revlon**

16 Never fall victim to messy makeup again. Make sure you have a magnifying mirror to double check. **Magnifying Mirror, ₱250, Revlon**

[TEXT] BIANCA MASCEÑON. [PHOTO] LOUIE AGUINALDO. [STYLING] STEPHEN DE JESUS.


2X the gluta power
the whitening
SkinWhite
Glutathione®
+Vitamin C
Discover
your brightest
facebook.com/SkinWhite
SkinWhite
WHITENING SOAP
PowerWhitening®
Glutathione
+ Vitamin C

BEAUTY NOTES

I WOKE UP LIKE THIS

From brows to eyelids to lips, here's your primer on micropigmentation—including the highs, lows, and everything in between.



As a girl who gets very little sleep (by choice), resents nightly makeup removal, and imbibes an alarming amount of alcohol every weekend, I like to whiz by my morning makeup routine so I'm out the door as soon as humanly possible. Be that as it may, I'm a stickler for—at the very least—brows you can see from a distance, symmetric-ish eyeliner, and lips that look like they belong to a living person. Procedures for semi-permanent makeup have been around since the 1930s, but it's only now that the trend is catching on. And because we at Cosmo love our readers so much we'd literally bleed for ya, I decided to undergo all three procedures for your perusal and consideration. First off...

BROW WOW

WHAT: EYEBROW MICROBLADING

COST: ₱12,000-₱28,000

Named after the ultrafine blades used to make superficial incisions on your skin, it's the most sought-after of the three, and for good reason: There are injectable lip fillers and eye lift surgeries, but the density of your brow hair remains relatively unalterable, no matter how much moolah you're willing to burn. The treatment was pioneered by PhiAcademy, a global community of rigorously trained brow artists who shape your brows according to "phi," or the "golden ratio" that suits your facial features. When your brows are literally mathematically engineered for you, you know you're in good hands.

After carefully measuring your ideal brow proportions, the artist applies numbing cream to prep you for the procedure. Then, hyperrealistic lines are painstakingly drawn in to match the color and thickness of your natural brow hairs. The results are a far cry from the cringeworthy "block brows" of the early 2000s. For three to five days, they'll look darker than usual, but only because the pigment has been absorbed only by the skin's epidermis (the topmost layer). Wait it out and be religious with aftercare, because after four to six weeks your skin will fully heal and show the final result. Your bespoke brows should last for two years, depending on factors like sun exposure, skin oiliness, diet, and exercise. But we don't recommend switching up your lifestyle just to keep your brows looking perf; the whole point of microblading is for your brows to work for *you*, not the other way around.

For inquiries, contact Ron Maclang-Peña, the Philippines' pioneer PhiBrows artist (facebook.com/RonPenaMakeup, 0999-881-2669).

EYE-EYE, CAPTAIN

WHAT: SEMI-PERMANENT EYELINER

COST: ₱28,000

We're just gonna come out and say it: Applying eyeliner is a bitch. Managing a flattering, smudge-free line on one side is one thing, but did Leonardo da Vinci paint a second *Mona Lisa* right after he was finished with the original? More to the point,

(TEXT) CHANDRA PEPINO. (PHOTO) ISTOCK.



wouldn't it be great to wake up in the morning and know in your heart that you're never going to be late for work? Because we've all seen her at least once: the hilariously tardy girl wearing eyeliner so sharp it could cut through steel, flailing towards the general direction of her office. To which we nod sympathetically.

Expect a process that is almost completely similar to brow microblading, but with a lot more trust involved—since your eyes will be closed the whole time, you'll have to be honest with your artist once you feel any discomfort or pain. Be sure to alleviate any after-procedure swelling with an ice pack and a good night's sleep. The resulting line is thin, subtle, and doesn't wing out at the corners. Once the healing process is complete, you'll wake up with perfectly lined, foolproof peepers for up to three years. Sayonara, liquid eyeliner!

The Eye Define procedure is available at Browhaus, Greenbelt 5 (facebook.com/BrowHausManila, (02) 501-3998).

PUCKER UP

WHAT: SEMI-PERMANENT LIP TINT

COST: ₱15,000-₱35,000

One final reality check: There exists no such lipstick that can withstand the heat of an impassioned MOMOL session (or a particularly oily dish). If you're looking for ride-or-die pigmentation, a semi-permanent lip tint is your best bet.

If you've gotten inked in the past, the lip tint procedure will feel familiar, but much more painful; lips are replete with nerve endings that are incredibly sensitive to touch, let alone a tattoo machine. For more natural-looking lips, pick a red tint, and for a made-up look, bubblegum pink or tangerine orange might be up your alley. Expect peeling and dryness in the first three to five days. The result is a barely-there stain that adds just the right amount of color to your lips, so if Korean beauty is your thing, you're gonna love this.

Book your lip tint appointment with PrettyLooks, Uptown Parade, BGC (prettylooks.com.ph, (02) 989-4430).

These procedures are big investments that'll set you back at least five figures if you want quality craftsmanship, but if the long-term payoff means more hours of sleep and zero smudging for several years, why not consider it? Just because makeup is a form of art doesn't mean you can't be more efficient about it!



Express Gel Polish in Dreamer, ₱249, Happy Skin

KISS AND GEL

Have a love-hate relationship with your salon gel polish? Happy Skin's new Express Gel Polish provides a high-shine, chip-resistant finish without the need for skin-damaging UV lights.



MANE-TENANCE

Worried about your new dye job? The Revlon 45 Days Total Color Care Shampoo gives your hair triple-color protection so that your hair stays vibrant for longer.



45 Days Total Color Care Shampoo, ₱800, Revlon



Pantene Hair Fall Control 3 Minute Miracle Conditioner, ₱259 for 340ml, Lazada

STAY STRONG

Not-so fun fact: Pollution suffocates hair, causing damage and hair fall. Fight hair asthma with Pantene's Hair Fall Control 3 Minute Miracle Conditioner. We're in love this Cosmo Beauty Awards winner's lightweight feel and refreshing scent!

BEAUTY QUICKIES

The beauty world's biggest news broken down into bite-sized portions.



ASK BIANCA

HOW DO YOU CHOOSE MASKS FOR COMBINATION SKIN TYPES?

Masks that come in jars or pots allow you to target different skin concerns on different parts of your face simultaneously. For combination skin, use a clarifying mask on your T-zone and a hydrating one on your cheeks.

CINDERELLA STORY

Consider the Revlon StyleMasters Styling Mousse Photo Finisher your fairy godmother—your crowning glory will stay put well beyond midnight.



StyleMasters Styling Mousse Photo Finisher, ₱900, Revlon



L'Oreal Pure Clay Mask (illuminating, anti-pores, hydration), ₱399 each, Lazada

[TEXT] BIANCA MASCENON, CHANDRA PEPINO, ANGELICA GUTIERREZ. [MAIN PHOTO] PAOLO PINEDA. [MAKEUP] SYLVINA LOPEZ. [HAIR] DAVE GRONA, REVLON PROFESSIONAL. [STYLING] JL CRESPO. [ROBE] SM WOMAN. [MODEL] LEXI MENDIOLA. [STILLS] SHAIRA LUNA. FEATURED BRANDS.

kojie•san DREAMWHITE

B.E.D. RITUAL

BREATHE • ENRICH • DREAM

A good night's slumber best rejuvenates our skin. Imagine how much more beautiful it can get with a pre-sleep ritual that addresses signs of aging.

Put aging worries to bed and pamper yourself with the skin nourishing benefits of **kojie•san** DREAMWHITE and the B.E.D. Ritual. Each product features active ingredients that help fight signs of premature skin aging: Hydrotensyl Complex and Milk Peptide that moisturize, smoothen, and soften skin, with regular system use.





For optimum ingredient's benefits, use the entire **kojie•san** DREAMWHITE *product line.*

- Dermatologically tested as mild, and gentle to consumers with sensitive skin
- Hypoallergenic (all products except kojie.san DreamWhite Anti-Aging Soap)
- Whitens in just one week
- Reduces wrinkles in just 14 days
- Improves skin moisture in 4 to 6 weeks
- Improves skin smoothness in 2 to 6 weeks

KSDreamWhite #KSDreamWhite

Distributed by: BEVI Beauty Elements Ventures Incorporated

REF. CODE: B088N060217K

Available in all leading department stores, supermarkets, drugstores and wholesalers nationwide. For more information, visit www.kojiesan.com.

Morning Person

Rise and shine looking mighty fine.

BY BIANCA MASCENON
PHOTOGRAPHY BY SHAIRA LUNA



BUT FIRST, COFFEE

Start the day right with coffee—on your lids. Use an espresso-colored pencil to draw a thick arch above your lash line. Paint the rest of your lid with an opaque pastel shadow then clean up the edges with a cotton swab.



FIVE MORE MINUTES

Go ahead and sleep in a little longer—you won't be needing much time for this look. Focusing on the area above your eyelid and below the brow, swipe pink metallic shadow in quick painterly strokes beginning at either corner of the eye. For added dimension, lightly go over the strokes with bright pink eye shadow.



WARM AND COZY

Let's do away with sticky. Prep your lids with a good primer and a wash of creamy taupe shadow all the way to the brow bone. Instead of coating the entire lid with gloss, use your finger to pat some clear balm onto the center of your eyelid and the inner corners of your eyes.

WOKE BAE

Keep your smoky eye AM-appropriate by using burnt orange shadow to blend your eye makeup. For defined cheeks without the flush, blend a beige or sand colored blush below your cheekbone.





(MAKEUP) ARCHIBALD TOLENTINO. (HAIR) FRANCIS GUINTU, REVLON PROFESSIONAL. (STYLING) MEG MANZANO. (STYLING ASSISTANT) KATH CABASCO. (SHOOT ASSISTANT) KINA VELASCO. (MODEL) LOU MUÑOZ, PMAP.

WIDE AWAKE

Sometimes you have to fake it till you make it. Line your lower lash line with silver eyeliner and let everybody wonder how you could have that much sparkle in your eyes so early in the morning.



COSMO Finds

COP THESE COOL PICKS, STAT!

Taste The Sound of Pinoy Music

Coke Studio is a music TV show that brings together different musical genres and artists in one platform. The first of its kind in the country, the show gives viewers a front-row seat to the best of Pinoy talent and their new music borne of collaboration. The featured artists include Noel Cabangon, Curtismith, Moonstar88, Jensen and The Flips, Sandwich, BP Valenzuela, Gabby Alipe and John Dinopol of Urbandub, The Ransom Collective, Abra, Gracenote, Ebe Dancel, Autotelic, Franco, and Reese Lansangan.

For more information, visit coca-cola.com.ph or youtube.com/CokeStudioPH.











Twice The Standout

Nissan presents a new color way for the recently launched Nissan Juke N-Style: the limited edition Moroccan Gray. It showcases a metallic gray body with vivid orange accents, which can be seen on features like the headlamp finishers, door handle covers, and more. The vehicle also includes a center arm rest console for a more comfortable drive, and a blue LED fog ring for added safety.

For more information, visit nissan.ph.



Playful Accents

As part of Onitsuka Tiger's Autumn–Winter 2017 collection, the Monte Z and Monte Creace styles are updated versions of the classic Monte Pokhara. The surface is playfully accented with punch holes, giving the wearer freedom to customize how and where the shoelaces will be placed.

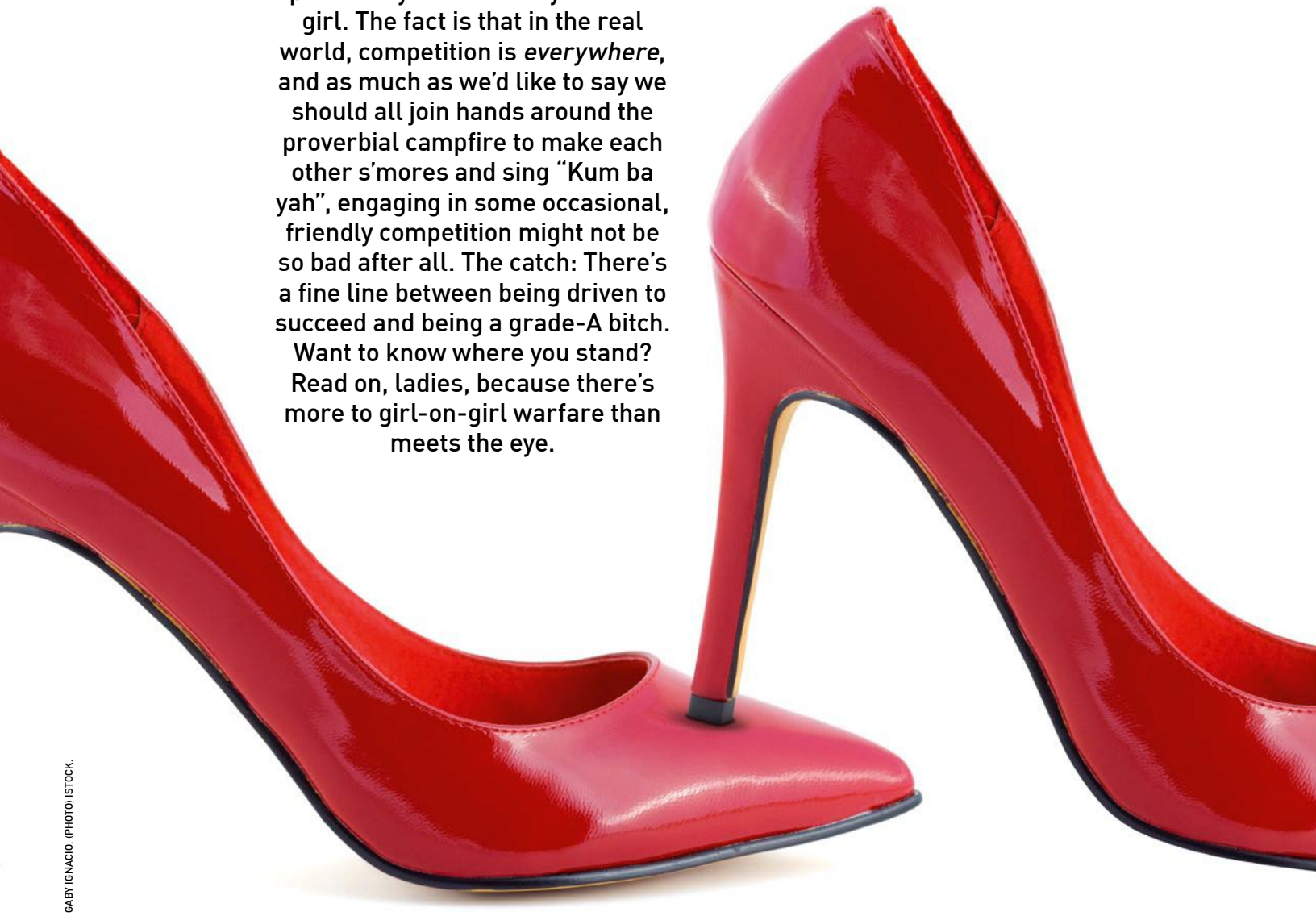
For more information, visit facebook.com/OnitsukaTigerPhilippines.

F.E.M.

EMPOWERED, ENLIGHTENED, AND BETTER THAN EVER

IN GIRL WORLD...

Raise your hand if you've ever been personally victimized by another girl. The fact is that in the real world, competition is *everywhere*, and as much as we'd like to say we should all join hands around the proverbial campfire to make each other s'mores and sing "Kum ba yah", engaging in some occasional, friendly competition might not be so bad after all. The catch: There's a fine line between being driven to succeed and being a grade-A bitch. Want to know where you stand? Read on, ladies, because there's more to girl-on-girl warfare than meets the eye.



(TEXT) GABY IGNACIO. (PHOTO) ISTOCK.

THE ART OF WAR: THE UPSIDE OF COMPETITION

Put your game face on, girls. We're here to tell you why competition isn't always a bad thing.



"When guys compete, it's overt. When girls compete, it's art." '90s teen flick *Drive Me Crazy* was on to something. Protagonist Nicole Maris (Melissa Joan Hart) was in the middle of yet another on-again, off-again power play with her frenemy slash best friend Alicia. Battling it out for the attentions of the all-star basketball player or Nicole's hottie neighbor Chase Hammond (Adrian Grenier) did not involve catfights, name-calling or fisticuffs. Instead, the high school seniors battled it out with their wits, covert subterfuge and charm, giving just a tiny bit of credence to the clichés that come with women in competition.

Take the aging actress versus onscreen ingénue in the 1950 movie *All About Eve* and shudder at the mere idea of hashing it out with Bette Davis. Witness rivalry turn dark and sordid in the '80s cult classic *Heathers*. Fast forward to the early aughts and see Lindsay Lohan exact revenge on Regina George and The Plastics. Run through your R&B playlist on Spotify and listen to Monica and Brandy claim "The Boy is Mine" or Lucy Pearl ward off scragglers with "Don't Mess with My Man." And see the cesspool of repressed resentment among upper class women in the coastal town of Monterey in *Big Little Lies*.

The trope that pits one woman against the other isn't going away anytime soon. And while competition, in general, is in no way gender specific, people have, time and again, documented, fictionalized, glorified, and even attempted to normalize female rivalry. Perhaps because *Drive Me Crazy* did have a point—the maneuvers and duplicity that come with female competition is art in that it can be fascinating, grotesque, polarizing, and mystifying to watch and live out.

GET YOUR HEAD OUT OF THE GUTTER

It's one thing to see all the ugliness unfold in fiction, it's another to witness it IRL. In a perfect world, females uplift and support each other, everyone inhabiting a utopian love-filled bubble. It is perverse to see women tear each other down, and even more vicious to experience a sense of schadenfreude when it happens. But we as humans are imperfect, and so is the world we live in. And competition does exist and can get ugly.

That said, we don't have to turn every little battle into a dramatic cliffhanger. Wanting to best someone in the workplace or even in a close-knit friend



We can instead try to accept the reality of competition and be better people for it.

group doesn't have to turn dirty. We can instead try to accept the reality of competition (female-centric and otherwise) and be better people for it. It's possible to take the art that lives and breathes in rivalry and put a more positive, more optimistic spin on it.

MIND YOUR OWN BACKYARD

But where does the irrepressible need to compete with others start? Sometimes, competition is instigated by external factors—a bully taunting you in grade school can, decades later, have you wanting to prove yourself amidst hapless co-workers. Parents constantly comparing you and your sister growing up, for example, can harness deep scars that may result in being extra and unnecessarily competitive with others years later.

Other times, the cause of being ultra competitive can rise from an internal kind of hurt. Feeling like your best friend is replacing you for a shinier, newer, cooler acquaintance (check out the bridal shower speech scene in the comedy *Bridesmaids*) can push you to one-up your game. Meeting your ex's new girlfriend or—gasp—wife can urge you to hit the gym seven days a week, without fail, trying to beat your personal best (even if your ex isn't watching).

The ugly side of competition—the one that's usually written about, made into movies, or turned into songs—should not necessarily be shunned because it's ugly. The shadow of

[TEXT] CHINGGAY LABRADOR. [PHOTOS] SHUTTERSTOCK.



competition should be confronted and looked at because it can indicate a deeper void at your core. Reeling people into your own story or drama by competing with them may be a reflection of hurt or pain that has nothing to do with the other person at all.

It is in this regard that competition can be a positive thing. If we're self-aware enough to catch ourselves pitting an unknowing enemy against us, we can redirect ourselves to our own issues and figure out how to clean things up.

KNOW WHEN NOT TO STOOP

Alternatively, when it's a nagging need to compete with someone else for the sheer pleasure of coming out The Winner, it's important to recognize your boundaries. Is this rivalry—whether unrequited or mutual—actually about something that really matters in the long run? Are you trying to best your annoying coworker because you know your boss needs to finally pay attention to the substantial work you're bringing, or are you spinning a web of endless drama because your ego needs a pat on the back?

Pettiness is never pretty, most especially when it comes to hashing it out for a man's attentions. Think back to Jane Austen heroine Emma (or *Clueless*'s Cher Horowitz), who was so used to being the center of attention that she practically got slammed when she found out another, potentially 'better' person was making a beeline for the object of her affection. Neither Emma nor Cher stooped, and instead tried to do a 180°, shifting from entitled brat to aspiring humanitarian.

GIVE COMPETITION A GOOD NAME

So how can you make like Emma and turn things around? Everything starts with good intentions. If you compete from a place that aims to better yourself rather than best someone else, you know you're in the right place. Make whatever rivalry you've got going all about becoming a better person and whatever the outcome is, you've already come out the winner.

➤ **Compete as equals.** Recognize the merits of your "competition" and allow her bright spots to shine light on what you can improve about yourself. Play within fair and even grounds instead of cutting corners, manipulating your connections, or twisting truths just to get ahead. Nobody loves a bully. Ever.

Everything starts with good intentions.

➤ **Compete at craft.** Make it about your abilities rather than your character. *Trabaho lang.* Aim to crush the common belief that women can't operate without getting their feelings involved and show that you can be the ultimate professional even in a situation that has you fully and wholly invested.

➤ **Ensure that the competition you're in is valid.** Give yourself a really good talking to and assess whether this is a petty issue that doesn't deserve anyone's time, or whether it's actually a serious matter. Go back to your intention. Are you trying to surpass a social media influencer's number of followers because you hate her guts? Or are you trying to raise the numbers to build brand awareness and actually increase sales? There's a huge difference between the two.

➤ **Do it for yourself.** Make competition all about reaching your personal best, and everything else that's unimportant falls by the wayside. Instead of constantly comparing yourself with others, bring about positivity by tracking the changes you've seen in yourself. Putting the focus back on you and your gains, rather than on someone else and how their existence validates your losses, can turn things around.

KEEP YOURSELF IN CHECK

When all is said and done, you want whatever rivalry, competition or battle you're in to yield a better, healthier sense of self-worth. Competition may have you involving others, but ultimately, how you compete and why will always boil down to you. Play fair, play wisely, and play to have fun, and no matter what happens, you'll emerge from all of this a champ.



AN OPEN LETTER TO AND ABOUT MANSPLAINERS

Hi! You might be reading this for any number of reasons.

Perhaps you're not sure what mansplaining means.

Perhaps you're a woman who knows how it feels to be talked down to by a man who assumed he knew more than you.

Maybe you're a guy who is aware that mansplaining is a thing that exists but feels he has never done it.

There is also a distinct possibility that you are a man and you want to read this so you have something to reference in your scathing (read: patronizing) letter to the editor illustrating how "mansplaining" is merely a term coined to gender shame men.

For whatever reason, you are here.

Mansplainers, the world does not revolve around you and whatever it is you happened to read on Wikipedia or that site with the clickbait-y headlines. Imagine: You're in a "conversation" with a female friend/coworker/classmate/acquaintance. You find yourself with a scratchy throat after all your pontificating and you tell yourself it's okay, at least you educated this poor little thing. You pat yourself on the back for helping out this "sweetheart," this "my dear," this woman who was probably too busy putting on makeup to ever have read any Mijares. Never mind that you haven't either and that you just read the blurb at the back of *The Conjugal Dictatorship of Ferdinand and Imelda Marcos*.

What you don't seem to realize is that women don't feel enlightened after something like that happens. We smile and nod and remain pleasant because we are polite, but inside we are rolling our eyes with enough conviction to set off a storm on the other side of the world. We stop listening, and you accomplish nothing except earning the black mark of a mansplainer. Just don't do it.

> Mansplainers, the world does not revolve around you.

The world is already filled with depressing news and dumb politicians and demoralizing gender inequality. Why would you add to that, mansplainer, by spewing condescension and self-aggrandizement into the air like a particularly aggressive fart? You, as a mansplainer, are just full of hot air. Just don't do it.

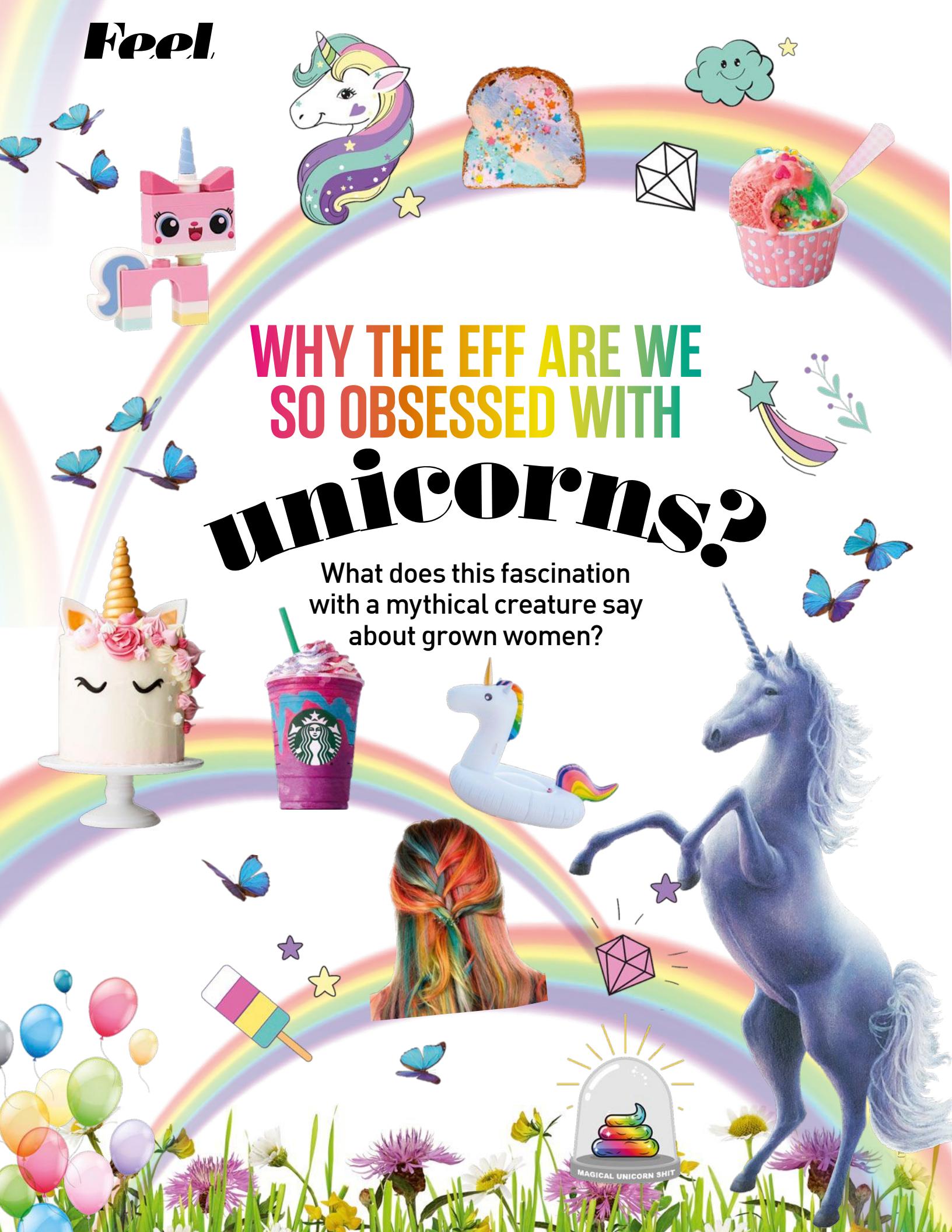
So, the next time you feel the urge to explain something to a woman, we urge you to consider several things for all our sakes: Are you an expert on the subject? Were you asked about the subject? Is your role in the other person's life that of parent or educator? If you answered any of these questions with a "no," just... don't do it.

(TEXT) PETS GARCIA. (PHOTO) ISTOCK.

Feel

WHY THE EFF ARE WE SO OBSESSED WITH unicorns?

What does this fascination with a mythical creature say about grown women?



For those of you who like coffee, reading things on the internet, using your eyes, or just noticing things, you've no doubt noticed an influx of unicorn-related fluff floating around.

Gone are the days of *My Little Pony* alone tickling your horsey proclivities. Now there's a stable of products from unicorn makeup and unicorn toast to floaties for the pool, ornaments for the house, unicorn essence for the face and "unicorn snot" (otherwise known as "wet glitter") for everything else. In my quest to unveil all that was 'corn-y, I even happened upon a unicorn dildo. True story.

We've become tangled in a glitter-covered matrix of larger-than-life proportions. And just as I neared the end of my tether, Starbucks went and introduced their Unicorn Frappuccino—a drink that doesn't even have a drop of caffeine, just syrupy goodness to keep your sugar levels spiked and rearing for horseplay. Just like that, the hype was turned up to 11.

BUT...WHY?

Consumer psychologist Adam Ferrier says you can blame the tech-heads in Silicon Valley for introducing the whole idea. They started using the term "unicorn" in 2013 to describe a rare, good investment opportunity—usually valued at over the billion-dollar mark—and however innocently conceived, it wasn't long before the masses attached their own meaning to the word.

"The unicorn trend has two key prongs: this Silicon Valley tech and cool meaning, and also this innocent meme," says Ferrier. "It's cute and fun, but also intelligent. If you participate in the unicorn trend, you're participating in a trend that is aspirational but also playful."

So why are grown women fawning over mystical gallopers that are merely a figment of our imagination? (You knew that, yes?)

"There's something Freudian and sexual about it," Ferrier says. "The fact unicorns don't exist means there isn't going to be a unicorn that comes along and ruins it—it's not going to get caught out doing bad behavior."

That's right, there shall be no sex tapes or cocaine scandals: unicorns are sparkly *and* family friendly. Most of all, they've come at a time when society needs a distraction from the maelstrom of shit that's floating around the universe daily. Politics, death, and destruction...what's the harm in a little shimmer to shimmy away the bad vibes? It's the same reason we're also glued to each new episode of *Keeping Up With The Kardashians,* right? And if the world gets too much, there are unicorn band-aids to actually cover up any physical pain.

But with saturation, the horns come out for real. Let's go back to the aforementioned Starbucks Unicorn Frappuccino that took the trend from "Yeah, OK, cute," to "Yeah, OK, this is ridiculous." In Williamsburg, coffee shop The End Brooklyn is suing Starbucks for $10 million for ripping off their unicorn creation. That's right, just when you thought ol' S'bucks got the party started, it seems Brooklyn knew what was up—and they're not happy their idea was seemingly hijacked. As Ferrier explains, though, the nature of advertising and brand communications means these companies need to work in stereotypes and mental shortcuts. So it was only a matter of time before two different companies clashed over the 'corns.





"What's the harm in a little shimmer to shimmy away the bad vibes?"



"You don't have much time to get your message across," he says. "If there is a pre-established meme in our society, it's an easy way to say, 'We're part of popular culture and want to play along.' You won't see bleeding-edge brands working with unicorns in their communications—it's only mass market."

If we're looking for someone, or something, to blame, look no further than social media, I say. At the time of print, there were a touch over 5.5 million posts tagged #unicorn. Perhaps this trend is just on steroids because we are so readily presented with the products of our obsession. Plus, unicorn things look pretty.

THE END IS NOT ~~NEIGH~~ NIGH

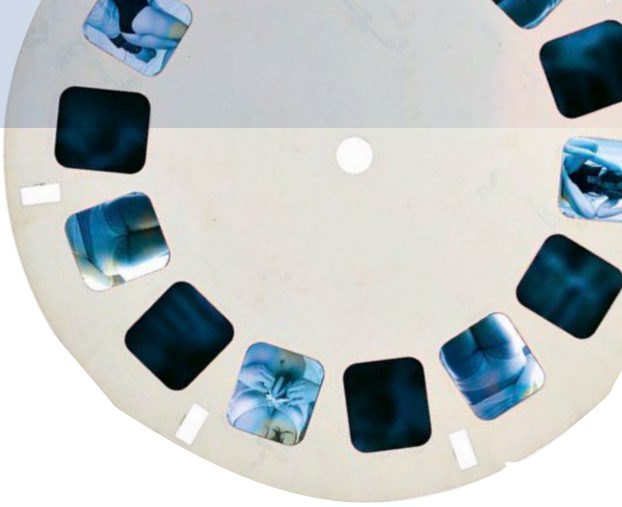
The faster these snap trends rise, the faster they fall. There's a meme a second on the internet, replaced by something equally inane the next day. And those fidget spinners, I can guarantee, will be in the dump by next issue. But unicorns are *different.* We haven't noticed how long they've been in the pop culture vernacular. But as one more person buys one more product, one more company decides to jump into the ring and beg for cash. "Right now, it's a way for a company to say 'We're part of the conversation and we'll ride it with the masses,'" says Ferrier. And ride it, we shall.

[TEXT] MEL EVANS. [PHOTOS] ISTOCK, SHUTTERSTOCK, STARBUCKS.

WHAT TO DO IF YOU'VE BEEN HOKAGE-D

Cosmo's guide to dealing with online sexual harassment.





Earlier this year, the internet was up in arms over rape culture's newest incarnation: pastor hokage groups. Perverts established fake Bible study groups on Facebook, where they shared lewd photos of women or worse, children as their "ambag." Members expressed their approval by commenting "Amen" or "Hymen." These posts ranged from selfies showing just a little bit of cleavage and bikini photos to nudes and sex videos, many of which were uploaded without the subject's consent. So what do you do if you've been featured on a hokage group?

1. DOCUMENT AND REPORT THE POST

Whether you just want to report the post on Facebook, or plan to file a case later on, the first thing to do is document the evidence. Take screenshots of the post, along with the name of the group, its administrators, the person who posted, and those who commented. Make sure the time and date are visible in the screenshot as well.

"If you know anybody from that group, take a screenshot of posts or comments he made, go to his homepage, and take a screenshot of that, too," BJ delos Santos, criminal lawyer and partner at ABS Law Firm, advises. "Once you've done these, report the post to Facebook, then to the authorities. You may want to get a Barangay Protection Order, especially if the offender is someone you know who lives close by."

If your nude photo or sex video was posted on other social media sites like Instagram and Twitter, check out this link for instructions on how to get them removed: cybercivilrights.org/online-removal/

2. SEEK PROFESSIONAL HELP

The humiliation of being objectified, violated and judged by strangers can have a serious psychological impact on victims. "People who are traumatized have different reactions. Some people can become suicidal, some can get very angry at the world, and some lose trust and start blaming themselves," Malyn Cristobal, therapist and trainer at the Living Free Foundation, explains. "That's definitely the most difficult thing—they'll start blaming themselves and say, 'If only I didn't do that,' or 'If only I didn't take a picture of myself.' It's self-defeating."

If you're experiencing any of these emotions, counseling can help you process your feelings in a safe and constructive manner, so that you can work on healing. Remember that there's absolutely no shame in seeing a therapist.

3. HAVE A GOOD SUPPORT GROUP

Unfortunately, we live in a world where people like to blame the victim, especially if it's from the safety of their computer. "Some people would say, '*Eh siya naman kasi*, why did she take a picture like that?' That's beside the point. That's her choice, and that's not the issue here. The issue is someone took a photo that didn't belong to them and put it out there on social media," Cristobal says. That's why for her, the most important thing for victims of online sexual harassment is empowerment. It's important to know your rights and have a strong support system—people who will encourage you to file a case, but respect your decision if you don't. After all, seeking help from law enforcement is much more complicated than it sounds.

"When you file a case, it's talked about, it's open. So the victim has to be prepared and guided before she makes a decision. We don't want to re-traumatize the person because all the details of the case will be dug up," Cristobal explains. "The lawyer on the other side will make it look like she's the one at fault. So she has to be aware that this can happen. She has to have a good support system—people who are positive and won't blame or judge her, people who are totally on her side, whether it's family, friends, a therapist, a counselor, or a religious group."

If your family, friends, or relatives have a tendency to victim-blame, you can turn to counselors or feminist pages like Catcalled in the Philippines for help.

> The most important thing for victims is empowerment.

(TEXT) ANGELICA GUTIERREZ. (PHOTOS) (VIEWFINDER) SHUTTERSTOCK. (PEOPLE) RUY SANCHEZ BLANCO, NOEL J. FEDERIZO, NICK ONKEN, WADLEY.

WANT TO GET THERAPY...

Even if you think you can't afford it? Here's where you can go.

LIVING FREE FOUNDATION

WEBSITE: livingfreefoundationph.com
CONTACT NUMBER: 0917-322-7807
EMAIL: livingfreefoundation98@gmail.com
ADDRESS: G/F Amapola Apartments, Baler St., Makati City

IN TOUCH COMMUNITY SERVICES

WEBSITE: in-touch.org
CONTACT NUMBER: (02) 893-1893/810-6233
EMAIL: intouch@i-manila.com.ph
CRISIS LINE: (02) 893-7603 (Monday-Friday, 9am - 5pm)
CRISIS EMAIL: crisisline@i-manila.com.ph
ADDRESS: No. 48 McKinley Road, North Forbes Park, Makati City

CENTER FOR FAMILY MINISTRIES (CEFAM)

WEBSITE: cefam.ph

RMT-CEFAM IN ATENEO-LOYOLA CAMPUS

CONTACT NUMBER: 426-4289 to 92 or 0917-863-9346
EMAIL: cefam@admu.edu.ph
ADDRESS: Seminary Drive, Ateneo de Manila Campus, Loyola Heights, Quezon City

CEFAM IN DON BOSCO PARISH

CONTACT NUMBER: 894-5932/34
ADDRESS: Room 201, 2/F SJB Parish Building, Arnaiz Avenue, Makati City

PLANNING TO FILE A CASE? HERE'S WHAT YOU NEED TO KNOW

You can file a complaint with the NBI Cybercrime Division or the PNP Anti-Cybercrime Group. However, since under the law everyone is assumed innocent until proven guilty, the burden of proof is on the complainant. This means that the victim has to provide the police with a suspect. If the person who posted your photo used a fake account, it's up to you to establish his identity. Until then, the police's hands are tied because of the Data Privacy Act of 2012, which prohibits them from tracing a suspect's IP address without a court order. That said, you can definitely ask the PNP or NBI for advice regarding the evidence you'll need to file the case, and how to lawfully obtain that evidence.

Unfortunately, while stealing and posting someone else's photos is clearly offensive, whether that act is punishable under the law depends on the type of photo that was stolen.

Revenge porn is illegal under R.A. No. 9995 (The Anti-Photo and Video Voyeurism Act of 2009) and R.A. 9262 (The Anti-Violence Against Women and Their Children Act of 2004). However, because R.A. No. 9995 focuses on voyeurism, it may fall short when it comes to stolen bikini photos. It punishes stealing and posting photos of a person's "private areas" in situations where one could reasonably believe they wouldn't be visible to others, whether they're in a public or private place. Is it reasonable to claim a woman in a bikini didn't think her breasts would be visible, given she was at the beach? Does her bikini count as "undergarments?" "[R.A. 9995] protects women who post pictures of themselves without any clear intention of making their photos 'revealing' so to speak, but apparently not those whose intention appears otherwise," Atty. delos Santos explains.

Stay Safe Online



Until the gaps in the law can be remedied, prevention is still better than cure. If celebrity scandals prove anything, it's that nudes and sex videos have a way of getting out, so it's best to refrain from taking them at all, no matter how much you trust your partner. Take full advantage of Facebook's privacy features, and avoid adding strangers or people you've just met.



WHERE BEAUTY BEGINS

eb ever bilena

Shop online, visit http://www.lazada.com.ph/ever-bilena-cosmetics-inc/ EVERBILENAOFFICIAL EVERBILENACOSMETICS WWW.EVERBILENA.COM.PH

COSMO FICTION

LETTERS TO GIANNA



I love my sister more than anything else in the world. I know lots of sisters say that, but Gia and I have been joined at the hip since birth. Physically it was true—born conjoined, then surgically separated—and afterwards it was like we still shared the same heart. Mine would flutter when she fell in love, and hers would race when I went on my morning runs. Our parents named us Gianna and Schinina, after our grandmother and great-grandmother, who had twin sisters of their own. There have been twins in our family for generations, all of them women. We'd brag about it if the world weren't so damn patriarchal.

My father is someone people fear instead of respect. He plays favorites, and Gia got the short end of that stick. At one point she and I looked nothing alike—her figure had whittled away from all the dinners she skipped to avoid Papa's chastisements. "He's old enough to be your father," he would spit out. "I'd rather die twice than give you away to that son of a bitch." He has no idea I come to see her every weekend.

Gia fell in love in college, as so many do. But he was different. A history professor. Married. They met late at night, and often. Despite my misgivings, I was careful not to betray her, but whispers spread quickly in Manila. Papa was in hysterics when he found out. His large hands completely covered Gia's fragile little neck. She was no longer welcome in our home. I rushed upstairs to help her pack her things. Papa was still screaming out threats as she walked out the door. I wrapped my arms around him, hoping he'd look down at my face and think for a moment that I was her. But he only became more belligerent. Since then, life has never been the same.

Sunday mornings are for her. I buy a box of pizza and make the 3-hour drive to sit by her side and unravel. When I lost my scholarship, she listened as I whined about the things I could've done differently, how much harder I should've worked. After my first breakup, she stayed quiet as I recalled every excruciating detail. And even when Papa beat my mother until she was a crumpled, crying mess, even when she found him in bed with another woman, Gia didn't say a word. Of all the weapons my family fought with, her silence was the most violent. Sunday mornings are for her, but mostly they are for me.

Today is Sunday. Our birthday. I bring her cake this time. I wish she would say something, anything, but all I hear is the sound of my own whimpering voice. I cut her a slice and place it atop her tombstone.

I think about the passenger seat where she died, and the professor she loved so much who lost his life driving her to freedom, and how she never could have known the day we turned 22 would be her last.

"Chin," she used to say, "I don't need to die happy, but I want to die trying."

I blow a candle and make an impossible wish.

[TEXT] CHANDRA PEPINO. [PHOTO] ISTOCK.

LOOP

FIND IT, DEFINE IT, MAKE IT ALL NIGHT LONG

HATERS GONNA DATE

Do you spend most dates desperately trying to find something—*anything*—in common? Don't bother. New app Hater matches users with others who despise the same things—so you can meet and bond over your mutual rants. Turns out the idea might be grounded in more than just novelty. Queensland University of Technology analyzed the online dating preferences of more than 41,000 people and found that while they all had a "wish list" of what they wanted, the majority contacted people nothing like their dream match. Word of warning: don't go thinking you've found a soulmate if they also couldn't stand *Suicide Squad*. Everyone agrees with you on that one.



(WORDS) CATRIONA INNES. (PHOTO) LOUISA PARRY.

IN DEFENSE OF DATING APPS

The swiping struggle is real, but it can be worth it.



Tinder, Happn, OkCupid, and other dating apps get a lot of flak. For one, they get dragged for being superficial—you can't possibly showcase your whole personality using just a few photos and X number of words...but why should you? When you meet someone in person, you don't hand him your dating resume or whip out a "Why You Should Date Me" presentation...right? And while the swiping fatigue is real—sometimes you have to go through a hundred lefts before you get one right, and even then there's no guarantee he'll swipe right back—it's those few good matches that redeem dating apps *juuust* enough for you to swipe again. (Sounds eerily similar to offline dating, doesn't it?) Or, if you're really lucky, that one swipe right was, against all odds, actually Mr. Right. This isn't that kind of story, sorry to say, though that happily ever after is becoming more and more common these days.

EQUAL OPPORTUNITY FOR ALL

No, this is the story of a girl who has been using dating apps for almost three years now. I am 28 years old and have never been in an adult relationship. My last boyfriend was in high school, and I spent half of college infatuated with a boy who turned out to be gay. (We're still good friends to this day!) For the past eight years, I have worked in a female-dominated industry where most men are not available, into other men, or just not interested. I find it difficult to maintain eye contact with strangers, much less approach guys in bars, so dating apps have sort of leveled the playing field for painfully shy people like me who don't know how to go about meeting people and can use a confidence boost. You like him, he likes you, this is already going SO well.

CHOOSE YOUR OWN ADVENTURE

You could say that matching with someone is just the start of the battle, but it doesn't have to be one if you're both on the same page. Looking for someone to show you around while you're on vacation? Would rather meet in person than exchange texts? Not into hookups? Those are the things that should go on your profile. It's not a guarantee that you won't match with people who are looking for the complete opposite—or show up stoned and fall asleep in the middle of the date (true story)—but it's one way of attracting what and who you want. A lot of people put a premium on finding the elusive unicorn that is true love through dating apps, but there are plenty of other equally magnificent things to be found like chemistry, an inspiring connection, or just a damn good time in bed.

LIMITED OPTIONS

There's a perception that dating apps offer a buffet of choices that can overwhelm even the most levelheaded person. But everyone has preferences, and having all these options helps you narrow down what you actually want or even discover new preferences. Of course, not every person will like you as much as you like them, or want the same things as you, or even stay in town long enough for a second date. All my best matches are travelers just passing through—some come back, but it's never the same. Dates with them turn into hours or even days of movie-worthy adventures (IMHO) that almost always end with a painful goodbye. They've made me realize that if I were to be in a relationship, it can't be long-distance. Without the help of dating apps, I would've never had the confidence to talk to them and have those crazy good times, much less come to realize a relationship non-negotiable.

At the end of the day, dating apps are just another way to connect, one that comes with its own perks and problems. Used with the right mindset and expectations, they can lead to some very interesting times and even restore your faith in men, romance, and yourself.

> Having all these options help you narrow down what you actually want.

BEYOND TINDER

There's a world of dating apps out there.

HAPPN: Find the people you've crossed paths with IRL, like that cutie you were smooshed next to on the train—assuming they have an account, too.

OKCUPID: The more questions you answer, the more it can find high-percentage matches for you. You can message anyone you like, even those you haven't matched with, which unfortunately means anyone can message you, too. (Creeper alert...)

BUMBLE: Only women can make the first move, and if you don't message a new connection within 24 hours, that connection will disappear—unless you deem it worthy of the one 24-hour extension you're allowed each day.

HER: Made for LGBTQ women, this app lets you find dates, friends, and LGBTQ events near you.

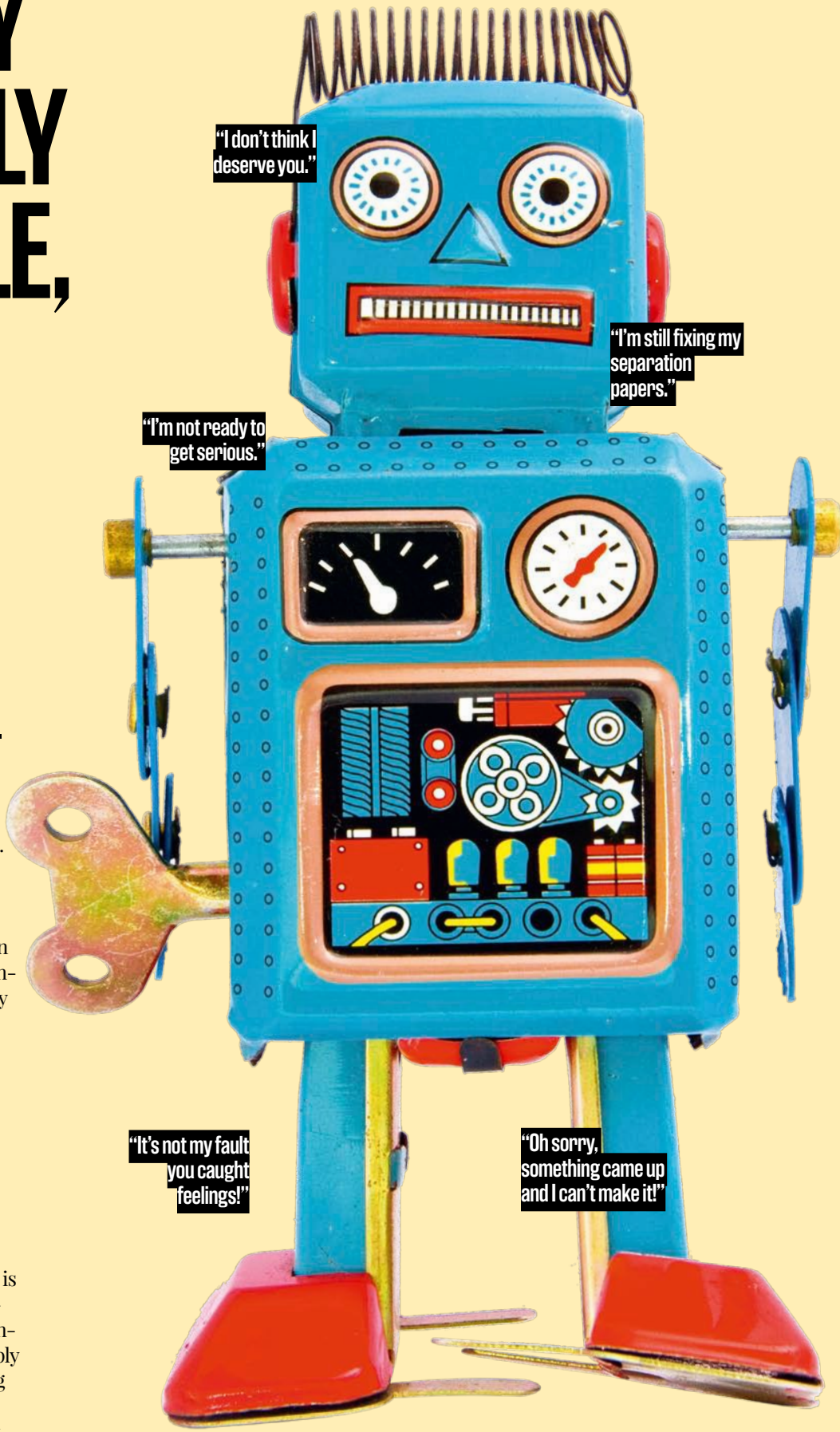
HATER: Here's a novel concept: Get matches based on things you abhor, and bond over your mutual hatred of political leaders, EDSA traffic, and unicorn drinks.

COFFEE MEETS BAGEL: Tired of swiping? This app sends Bagels, a.k.a. men who are already interested in you, every day at noon. Strangely enough, you also have the option to "give" Bagels to friends. Sharing is caring, we guess? (And now we're craving actual bagels.)

(TEXT) DYAN ZARZUELA. (PHOTO) SHUTTERSTOCK.

IS HE REALLY EMOTIONALLY UNAVAILABLE, OR ARE YOU EXPECTING TOO MUCH?

Relationship counselor Aileen Santos dishes out some real talk.



Let's face it—dating is tough, and it's easy to fall head over heels for someone you thought you had a real connection with… only to find he's not the guy you thought he was. He ghosts, he's not as over his ex as he says, or he's afraid of commitment. As we analyze what went wrong, we often come to the conclusion that he's "emotionally unavailable." But does the term really mean what we think it does?

According to relationship counselor Aileen Santos (AileenSantos.com) the psychological term for it is "dismissive avoidant attachment." People with this attachment style protect themselves by believing they don't need relationships or other people (most attachment styles develop from family experiences). That's quite different from someone who's not ready for a relationship at the moment, or is just not that into you. Many of Aileen's clients tend to say their partner was emotionally unavailable, when in reality they simply missed the signs that things weren't going to work out. It's almost like a female version of the friendzone—just because a guy

loves a girl doesn't mean she's obligated to feel the same way, and the term shifts the blame onto her. Misusing the term "emotionally unavailable" has the same effect. "He may be ready for a relationship with someone else—just not you," Aileen explains. "Just because a girl is so invested in the relationship doesn't always mean she can clearly see where the guy is coming from. Maybe you're not really a match for each other and it's only one person who sees it."

We could all save ourselves a world of pain if we could simply recognize when a guy isn't on the same page, and move on to someone who is. So what are the signs that you need to manage your expectations?

1 YOU DON'T KNOW HIM THAT WELL

...and already you're in love. It's easy to get swept off your feet, but Aileen advises against getting into a relationship until you've known each other for at least six months. "I've had to be very specific about this," she says. "Because some girls think they've known a guy for six months but it's actually just a lot of texting and chatting." It's too easy to put your best foot forward over text or chat, especially for guys who have a lot of experience with girls and know the right things to say.

Really getting to know a person involves actual face-to-face interaction, and Aileen recommends spending time together (just the two of you) for three hours a week for six months. If you add it all up, that's just 72 hours or 3 days of genuinely getting to know each other. If you really can't meet in person, video chat works, too. What's important is that you're able to see each other's body language. "What we have going for us as women is we can pick up on any inconsistencies between the way they say something and their tone or facial expression," Aileen explains. "Because—and this is a danger for a lot of women—words are so potent that when you meet a guy who says all the right things, you already think you're in love because he sounds so romantic. That's why you have to interact with him face-to-face."

2 HE ACTUALLY SAYS HE'S NOT READY

When a guy says he's not looking for anything serious, some women think they will be the ones to change his mind—just like in the movies. But according to Aileen, that's "a complete recipe for disaster."

Another line to watch out for is "I don't deserve you." That's a huge sign that you're treating him like a boyfriend when he hasn't done anything to earn the attention you're giving him. A decent man will sense the imbalance in the relationship—when he hasn't given you enough reason to fall for him, but you're already giving him too much. "Good guys would leave because they don't want to take advantage of women," Aileen says. "If he's a jerk, he's going to exhaust you for every bit of emotional energy you have. That's what assholes do. *I'll just sit back, relax, and enjoy everything she's giving me.*"

> Your heart shouldn't be something you give away to just anyone.

Aileen adds that these are the men who usually have another woman waiting once you're emotionally exhausted, because they don't fall in love with women they haven't invested in. "When he feels that it doesn't take anything to keep you around, he's not even going to try. If you're going to forgive every bad thing he does and make him feel that he doesn't even have to try being a good guy, then he is not going to fall for you—he is just going to use you."

3 HE HAS UNFINISHED BUSINESS

If he says he's just coming out of a relationship, getting separated, or anything that indicates the last chapter of his love life hasn't ended yet, that's a red flag. "If his last relationship was really recent, like within a year, then you are a rebound," Aileen emphasizes. "Especially if things keep coming up like he still gets texts from his ex, or is dealing with leftover drama. That's why the first sign I mentioned plays a part—do you really know him well enough to say he's actually over it?"

It isn't just about him getting over his ex, either—it's about having completely closed that chapter of his life. If his ex is still trying to win him back, or if they have a child and she's using that against him, then he still has emotional ties to his past. This isn't to say that men with kids are off the table—if they've come to an agreement with their exes and don't see them that often, then that's fine. "When he reaches that point where all of his ex's manipulations don't affect him, that's a good sign," Aileen says.

Of course, it's not the man's fault if he has a crazy ex. It could be worth a shot if he's a really great guy, and he's sincere about being with you. The important thing is to go in with your eyes wide open because as Aileen explains, "Putting too much expectation on a relationship could mean you're turning a blind eye to what being with him entails. You're glossing over the real-life details simply because you want to be with him. Remember, you're no longer a teenager. It's okay to love the romance, but you also have to protect yourself."

The bottom line, she says, is to know your value enough to recognize when a guy is actually worth your emotional investment. "Your heart should not be something you give away to just anyone. It's okay to be attracted, to flirt, to explore possibilities, but emotional investment should be reserved for people who are actually worth it." It's like investing in stocks—you wouldn't buy a stock just because the name sounds cute. You'd do your due diligence on the company, ask people what they know about that stock, then maybe buy a few shares, and invest more if the stock actually pays off. Even so, money is something that you can easily get back if you have a regular salary. "But what about your heart and all the pain that comes with being heartbroken?" Aileen asks. "Why put yourself through that?"

(TEXT) ANGELICA GUTIERREZ. (PHOTO) ISTOCK.

UP YOUR BIG-O ODDS

It's no secret that most women climax far less frequently than guys do...and new research is helping expose why. It's time to get your fair share of satisfaction.



IT'S TIME YOU CAME OUT ON TOP.

ORGASMS DURING SEX CAN BE LIKE RAINBOWS:

unpredictable and rare—well, at least for many straight women. Compared with any other gender and sexual orientation, hetero ladies ranked dead last in their likeliness to climax during their sexual encounters with a partner in the past month, according to a recent study published in the Archives of Sexual Behavior. In fact, while 75 percent of dudes said they always finish when getting it on, only 33 percent of women could say the same.

Yeah...we know. So not fair. And this pleasure gap between the sexes has been an issue for as long as women have been faking it (read: a very long time!). But now, we're getting some explanations. "Often, men don't know what they're doing," says the study's lead author, David Frederick, PhD, assistant professor of psychology at Chapman University. Nearly one-third of guys assume vaginal intercourse alone will get most women off. In reality, however, only 20 to 30 percent of us can regularly hit a high note from penetration alone. The vast majority of us need clitoral stimulation.

Add to the problem that some straight women are failing to have an open dialogue with their men about the way they experience pleasure and orgasms, says Justin Garcia, PhD, a sex researcher at the Kinsey Institute and a coauthor of the study. And what are you left with? A sex life in which your guy gets his happy ending—maybe while thinking he's rocked your world too—and you lie there feeling unsatisfied.

Luckily, bridging the gap is possible—and your man will be happy to help. "Most guys want their partner to orgasm because satisfying their partner is tied to their self-esteem," says Frederick. It's time to even the scorecard with these tips.

FIND YOUR OWN HOT ZONES

"When you ask women how they masturbate, a very small percentage solely put something inside their vagina," says Laurie Mintz, PhD, author of *Becoming Cliterate*. "But when they're with a man, they think they should orgasm differently." With this in mind, spend some solo time running an external vibrator, like Svakom's Emma (₱5,570, shopilya.com), all over your body. Remember where you experience toe-curling sensations so you can tell your guy to focus on those spots later.

SLOW DOWN WITH FOREPLAY

While men can go from normal to O face in 60 seconds, women's bodies need more time to build arousal, which involves lubrication of and increased blood flow to your lady parts. "When sex lasts longer than 30 minutes—and by sex, we're counting everything—women are much more likely to orgasm," explains Frederick. Pump the brakes by giving your guy a lengthy back massage, followed by an enticingly slow lingerie strip-down. Then tell him to take his time teasing you.



THE "OH, YES!" TRIFECTA

Eighty percent of straight women always or usually orgasm when sex is composed of these three moves... and penetration is taken off the table.

1
DEEP KISSING
Stop for a steamy make-out on your front porch before you head upstairs. (#SorryNot-Sorry, neighbors!)

2
MANUAL STIMULATION
Have your guy move the finger pads of his pointer and middle finger in a windshield-wiper motion over your clitoris.

3
ORAL ACTION
Think of your clitoris as a clock, and direct your guy to lick the one o'clock spot—a supersensitive part for some women.

ASK FOR WHAT YOU WANT

"No one can mind-read," says Mintz. So staying silent is the biggest mistake you can make. "By not saying anything, you're training a partner to do something that doesn't work for you." Instead, guide him with cues like, "Touch me here," "Harder," "Faster," or "Why don't we try this with me on top?" If no words come to mind, move his hands where you want them and show him how it's done.

GIVE POSITIVE FEEDBACK

When bae is doing something oh-so-right, a little praise goes a long way. According to the Archives of Sexual Behavior study, a comment like "It feels so good when you rub me like that" (or even "I love you," if you're both ready for that) can make you more likely to reach your pleasure peak. Your guy may also remember the move for next time.

DOUBLE YOUR PLEASURE, DOUBLE YOUR FUN

These positions, adapted from the forthcoming book *Cosmo's Sexy Sutra*, give you a free hand to handle yourself during the deed.



THE VERY GOOD MORNING

Lie on your stomach, and let him slide in from behind with his knees bent and arms supporting his weight at your sides. Move a hand down to your clit for double the feels.



THE BIG V

While on your back, open your legs wide into the air (making a V shape) and let him grab your ankles while he thrusts. Rub your clitoris with your hand, or twist your hips up against him.



STEAMY SLOW JAM

Lie on your side with him behind you, in spoon position. He lifts your leg and enters you from behind. Let him rub your clitoris with his fingers, or hand him a vibe.

(TEXT) JULIE VADNAL. (PHOTO) GETTY IMAGES. (ILLUSTRATION) JENNY YUEN.

Your Guide to the Male Brain

manthropology



HOLD YOUR JUDGMENT

UNCOVERING POLYGAMY

Three's a crowd, and four's a party... here's the truth behind having more than one better half.

IT'S RECOGNIZED FOR SOME RELIGIONS IN THE PHILIPPINES.

The practice remains socially frowned upon in our country, except for those who practice Islam. However, only men are allowed to have multiple wives—polyandry (a woman having multiple husbands) is illegal in virtually every country.

POLYGAMY CAN BE PRACTICAL.

For Muslim women who are weighed down by household obligations, a second wife can help lighten the load. Wives and children in polygamous relationships are considered as one family unit; that means there's no room for rivalry. Husbands are only allowed to engage in polygamy if they are financially capable. "Islam further reformed the institution of polygamy by requiring equal treatment to all wives and children in regards to sustenance and time," according to Eddie Redzovic of The Deen Show, a program dedicated to debunking Islam stereotypes.

OPEN RELATIONSHIPS ARE A DOUBLE-EDGED SWORD.

If you aren't of the Muslim faith, an open relationship is something you could consider. It's ideal for couples who haven't seriously talked about marriage and are willing to welcome new possibilities. However, trust issues and arguments based on technicalities can sour things quickly. Be sure you're going into it mutually, for the right reasons, and with clearly-discussed boundaries.

OPEN UP YOUR HEART

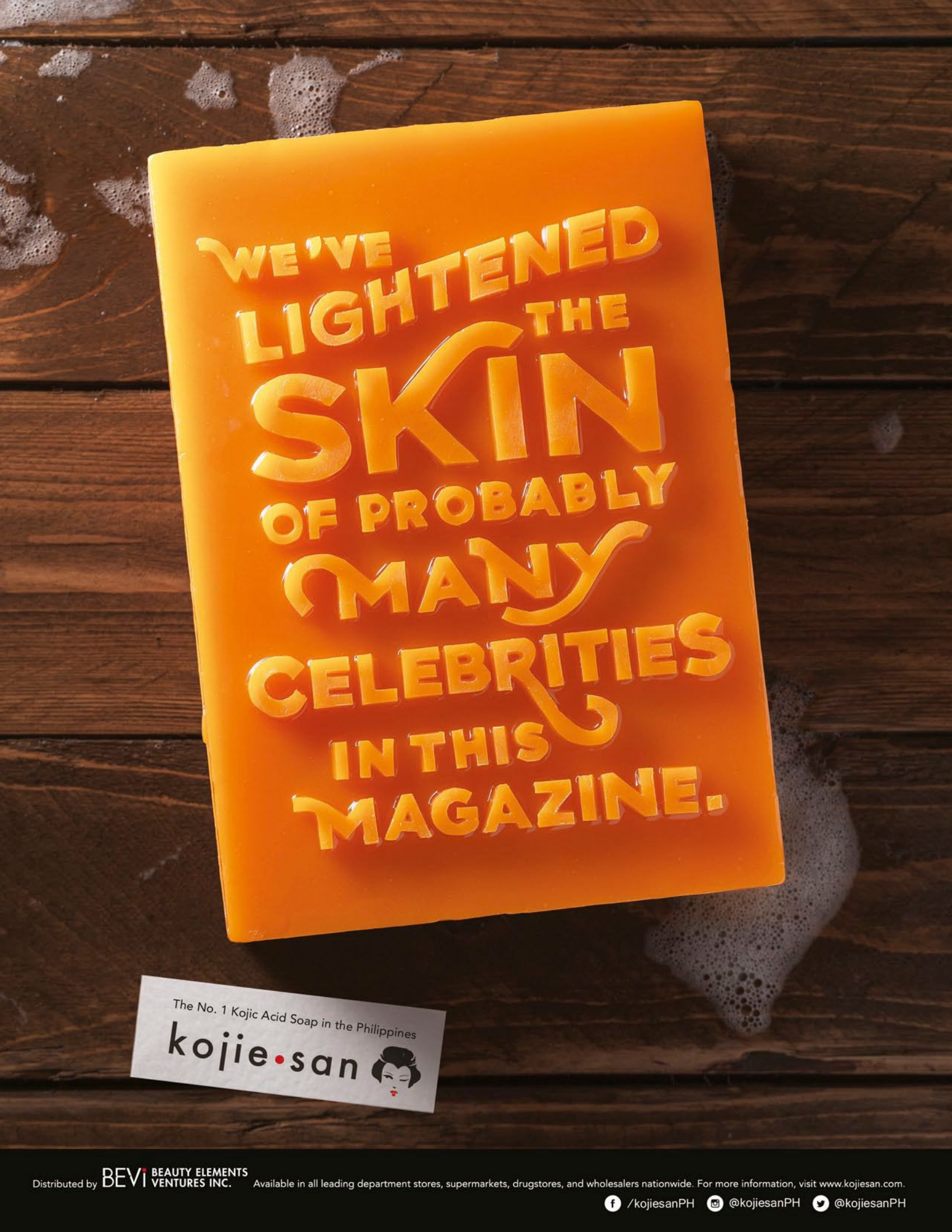
Three men—one in an open marriage, one in an open relationship, and the son of a polygamous man—'fess up.

"Many people say, 'That means you don't love your wife!' but it's possible to love more than one person at a time."
—CAMERON, 32

"My girlfriend and I were on the rocks during our third year together. When we started seeing other people, we both realized we only wanted to be with each other. It might not work for some people, but it actually strengthened our relationship."
— ADRIEL, 24

"I come from a Muslim family. My father is polygamous, and someday I might have multiple wives of my own. I enjoy having a huge support system (we're like a mini-*barangay*!), and I'm glad my two mothers get along and provide me guidance."
—FADHLI, 19

[TEXT] CHANDRA PEPINO, COSMO US. [PHOTOS] ISTOCK, GETTY IMAGES.



Distributed by BEVi BEAUTY ELEMENTS VENTURES INC. Available in all leading department stores, supermarkets, drugstores, and wholesalers nationwide. For more information, visit www.kojiesan.com.

/kojiesanPH @kojiesanPH @kojiesanPH

WHY GUYS LIE ON DATING APP PROFILES

At last, an explanation for this pathetic ploy.

His bio said he's 6'3"...but in person he needed a booster seat. Dating app Hinge recently coined such fibbing to make yourself seem more attractive as kittenfishing—not to be confused with catfishing (assuming a whole new identity). Here, digital-age intimacy and relationships expert Robert Weiss breaks down the reasons a man might try to dupe you.

IF HE KITTENFISHED YOU

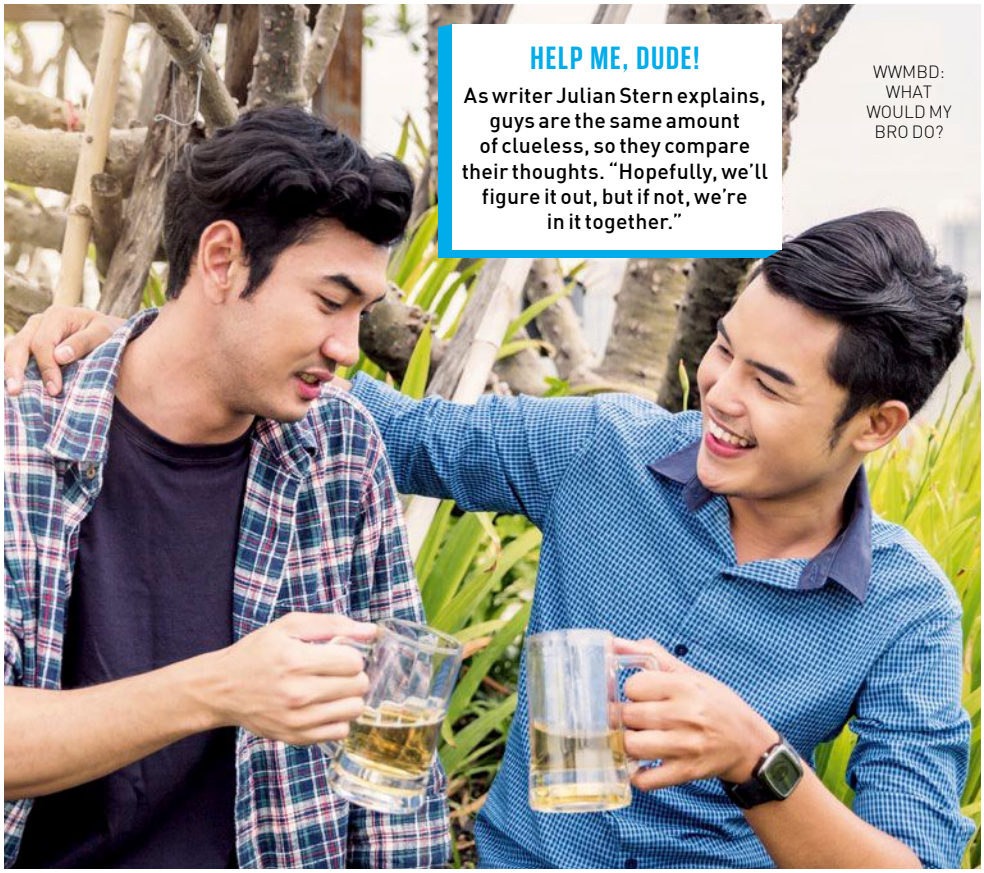
(1) He has low self-esteem and hopes that once you meet him, you won't notice the traits he's trying to hide.
(2) He just wants to bone. He figures you might choose to ignore his white lie and take him home.
(3) He thinks that since you fell for him online first, his stretch of the truth won't matter.

IF HE CATFISHED YOU

(1) He tried to gain your trust so he could use or manipulate you for his own needs.
(2) He wanted to cheat on his current S.O. without getting caught.
(3) He presented himself however he wanted to lure in an online-only GF.



FUNNY. YOU LOOKED BIGGER IN YOUR PROFILE PIC.



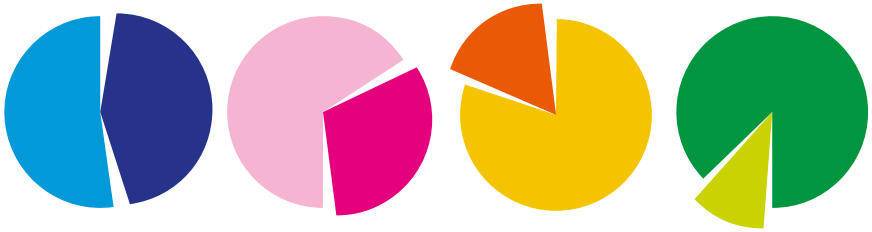
HELP ME, DUDE!

As writer Julian Stern explains, guys are the same amount of clueless, so they compare their thoughts. "Hopefully, we'll figure it out, but if not, we're in it together."

WWMBD: WHAT WOULD MY BRO DO?

WHO HE TAPS FOR LOVE ADVICE

When men need help in the hookup department, it's a little like the blind leading the blind....



48% ASK THEIR GUY FRIENDS

34% ASK THEIR FEMALE FRIENDS

20% ASK THEIR COWORKERS

13% ASK AN EX

SOURCE: SINGLES IN AMERICA 2017

47

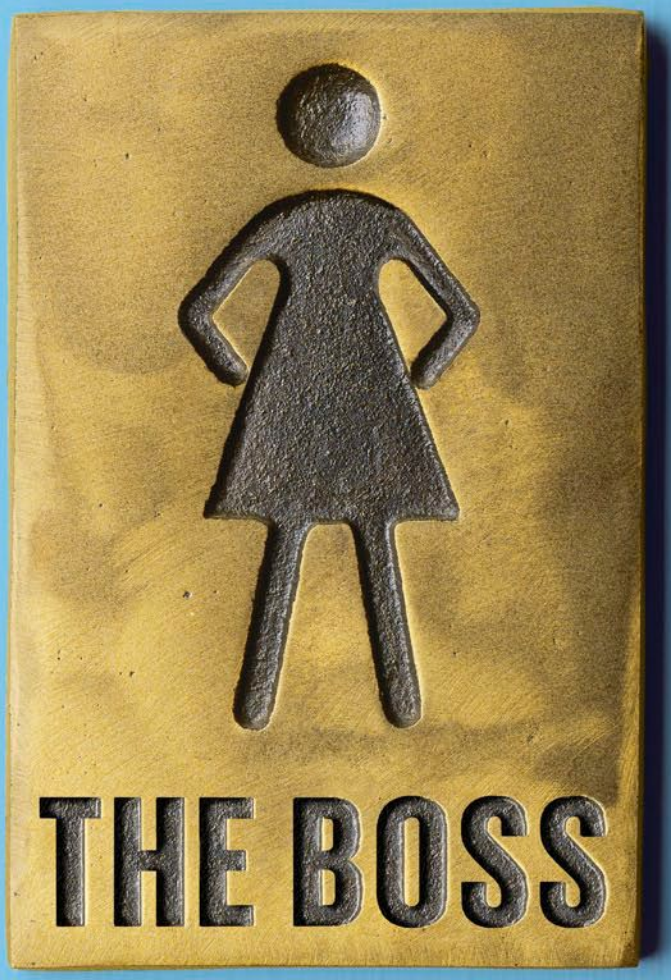


PERCENTAGE OF MEN WHO HAVE ADMITTED TO SENDING A DICK PIC. AND OF THE 53% OF WOMEN WHO HAVE RECEIVED ONE? 49% OF 'EM DIDN'T EVEN REQUEST IT.

SOURCE: MATCH.COM SINGLES IN AMERICA 2017 SURVEY

Work

GET THAT GOAL, WIN AT LIFE



POSE YOUR WAY TO A PAY RISE

Turns out, using your body to get ahead at work isn't always a bad idea. In her new book, *Presence,* social psychologist and Harvard professor Amy Cuddy explains how "power poses" can give you the upper hand. Standing akimbo (aka the Wonder Woman stance) for two minutes before a "stressful, evaluative situation," such as giving a presentation, will up your levels of testosterone (the dominance hormone) and lower your cortisol (stress hormone). An Ohio State University study has also found that posture can influence our opinions and even our perception of pain. So next time you have an interview, channel your inner superhero—just take your hands off your hips when you go in, and maybe keep the blue Lycra underwear *under* your clothes...

[TEXT] JENNIFER SAVIN. [PHOTO] DENNIS PEDERSEN.

WHAT YOU CAN LEARN FROM YOUR MALE COWORKERS

It's 2017 and women are *still* getting the short end of the stick. Is there something the men we share an office with know that we don't?



Quick question: What qualities or traits do you associate with great leaders? I'll give you a minute. Here's a follow up: When you imagine these things, who do you picture? Chances are you rattled off a list that includes qualities like intelligence, drive, ambition, strength, and confidence, and that you pictured a man.

Don't turn your feminist card in just because you thought those things, though. You are far from alone. For decades, if not centuries, we've been told that men make better leaders for possessing, sometimes even supposedly having a monopoly on, these qualities. This is despite several studies proving that women are just as—if not more—capable than their male peers. With all that conditioning, we're inclined to believe the myths of commanding men and timid women that we're fed.

A sweeping generalization, for sure, and not the gospel truth in any case. The time of "Think Manager, Think Male," is coming to an end, with companies shifting to a more transformational style of leadership and putting more stock in more traditionally "feminine" traits like compassion, warmth, and gentleness. How to be an effective, successful leader, after all, is acquired, not something you were born with, and it is most definitely not dependent on your gender. However, every great leader knows there's always more to learn, so we've run down some traits commonly associated with men at work, and the steps you can take to integrate them into your own working style...assuming you'd want to. Because who's to say that one person, regardless of gender, can't be all of these and more?

MEN ARE MORE OPEN ABOUT THEIR AMBITION.

When was the last time you asked for a meeting with your boss to talk about where your career is going? Unfortunately, ambition in a



woman is still frowned upon, and considered contradictory to her role as nurturer and caregiver. "Women are naturally raised to be people pleasers and to express more 'feminine' traits—to be nurturing, helpful, kind, caring," says life coach Aurora M. Suarez. "When a little girl is loud, expresses her opinion too strongly and prefers to play with the boys, she's called a tomboy or asked why she's so sassy. But when a little girl is playing with her dolls and tea sets, when she asks nicely for things, when she keeps her legs crossed, she is praised and given positive reinforcement."

While there's truly nothing wrong with being any of those things, Suarez says, "This makes it more difficult for her to show her ambition which requires speaking up, asking for what she needs, contradicting others, and not agreeing with the status quo." She adds, "An ambitious woman goes against the image of what a 'proper woman' should be."

What this does, then, is create a professional who, despite her skills and all the hopes and dreams she's fostered, is afraid to express her desire to climb the corporate ladder for fear of being trashed. But men aren't born wanting more than women, and we have every right to want the same success, so we need to flip the switch in our heads that tells us we can only openly want so much. In truth, expressing our ambition and our accomplishments does more than serve the single purpose of personal achievement. There is no better role model for a female junior member of a team than a woman who has beaten an often difficult path to success, so going for your goals and being open about them could just be the inspiration a younger coworker needs.

MEN ARE MORE DIRECT.

And we don't just mean about where they want their careers to go. Whether it's negotiating compensation, benefits, or even time off, men typically have an easier time expressing their wants and needs from a company, and are willing to go the extra mile to get what they feel they deserve.

Leena Nair, Unilever's global head of human resources, says, "Half the men who talk to me [about compensation packages] ask me 'Can I also get my lawyer to speak with you?'" It's a seemingly minor question, but it speaks volumes about the lengths we're willing (or unwilling) to go to when trying to get what we want and feel we deserve. We believe we're lucky to even have the jobs we hold, and while that holds true for either gender, we should also realize that the term "compensation" is an accurate one in that it must reflect the work we do and how much we contribute to a company—which could be more than we're acknowledging and accepting.

Men are also typically much more open at meetings or presentations, sharing ideas (great or not), whereas women are more inclined to remain silent—even when they have excellent strategies or have constructive criticism—for fear of being challenged or starting a conflict. We're scared of being seen as intimidating, of rocking the boat, of hurting feelings, and even of being disappointed by the reaction our words are going to garner. But being direct and letting your voice be heard is one tenet of building your "executive presence," a quality integral to career success. Staying silent, while seemingly a safe decision, hurts the perception of one's ability to lead in the long run—strong leaders are able to voice out their opinions not only to make things happen and protect their interests, but their teams' and their companies' as well.

MEN ARE MORE CONFIDENT.

We are all riddled with insecurity. We worry about whether we look professional, whether we're doing a good job, whether we're being too much or not enough of something. Men, however, rarely let these insecurities show—in fact, they're shown to be more confident in their skills and performance, leading them to explore new ideas, go for their goals, maximize their networks to get the results they want, and even just keep trying even in the face of adversity and failure.

> "We're scared of being seen as intimidating, of rocking the boat, of hurting feelings."

Granted, it may be easier for a man to be confident in an environment that has historically favored one gender over another, but this shouldn't be a reason to fall victim to your demons. In fact, what you might be insecure about now could be the very things that eventually lead you to success.

"I believe in using your strengths. And there are strengths in your womanity," shares Suarez. "Your charm can be a source of power. Your nurturing skills will make others want to help you. Your resourcefulness can lead you to achieve your goals. You don't have to give up your authentic self to compromise your ideals or your dreams."

She adds, "Compromising who you are—your strengths, values, ideals—is the biggest disservice you can do to yourself and to the people who hired you. It sends the message that you are not enough, that you are not worthy, that you need to change who you are to be accepted. And if your current work environment cannot accept you for who you are, then you might want to consider if it's still the right place for you."

[TEXT] GABY IGNACIO. [PHOTO] ISTOCK.



ARE YOU $OUL MATES?

There's a reason zero romance novels include the strapping hero whispering into the heroine's ear, "My ATM balance is in the six digits." Talking money isn't exactly arousing. Still, you need to learn to navigate crucial financial conversations.

You swiped right, share a Netflix account, and co-adopted a pooch. But even when a couple passes certain relationship milestones, one convo often goes overlooked: "When you meet someone new, you try to figure out if you're physically, emotionally, and spiritually compatible, but it's less instinctual to focus on whether or not you're financially compatible," says Manisha Thakor, founder of MoneyZen, an investment advisory firm. And if you think about it, that's a pretty big oversight, since money plays a major role in your happiness together. If you're serious about the dude you're seeing, it pays to get both of your answers to these key questions.

1. WHAT'S YOUR FINANCIAL BAGGAGE?

Discuss where your hang-ups began to understand each other's hopes and fears.

DID BOTH OF YOUR PARENTS WORK? HOW DID THEY HANDLE INCOME? Most of us observe how our parents navigate their finances...and then we either mimic them or consciously try to do something different. If your expectations don't match up when it comes to what the two of you want to do, be clear about where you're willing to compromise, says Tonya Rapley, founder of the financial-education blog My Fab Finance. Try "I don't see myself ever quitting my career, but I'd like more manageable hours eventually." Or "I expect a guy to contribute 50/50 to a relationship and at home."

HOW DID YOUR PARENTS TALK ABOUT MONEY? Maybe his said there was never enough, while yours liked to spend now and pay later. "The way our parents did or didn't talk about money can make us fearful of it or act irresponsibly with it," says Rapley. "If his parents never talked about it with him, he may be less financially mature than you are." Take that as a sign to keep a close eye on money matters and discuss them more often.

DO YOU HAVE ANY FINANCIAL REGRETS? Debt can have a major impact on a relationship, so this may be the most important question you can ask. Ease into the topic to avoid anyone getting

[TEXT] BRITTANY BURKE. [PHOTO] ISTOCK.

vivo
Smart Phone

COMING SOON.

#SeeMoreThanEver

V7+



vivophil vivophil vivo_phil • www.vivo.com/ph

defensive, advises Rapley. Then say what is owed and why. And it's important to share how much you make and how much you've saved, says Farnoosh Torabi, author of *When She Makes More*. Once all the facts are out in the open, you can work as a team to create a plan of attack. "Start by doing what it takes to get out of debt, then build up savings," she says.

DO YOUR PARENTS PAY ANY OF YOUR BILLS? "Being fiscally tied to parents can signal that a person is delaying a major step into adulthood," says Torabi. If he's hesitant (or unable) to pay for his own cell phone, there may be other milestones he isn't ready for. Whichever of you is in this situation should explain why. Next, establish what it will take to become independent and build a financial life as a couple. Start small—with a joint phone plan—or cut up that credit card, says Torabi.

2. WHERE DOES YOUR PAYCHECK GO?

Find out how he spends his money on the reg so you don't sweat the small stuff.

HOW DO YOU TRACK YOUR MONEY? He might have everything automated…or his finances could resemble his clothes-strewn apartment. Same goes for you. "People can be open to changing the way they deal with money in their 20s and early 30s," says Hilary Hendershott, a financial consultant and wealth manager. "If you want to sync your money-management styles, speak up and be specific about what feels comfortable."

DOES ANYONE DEPEND ON YOU FINANCIALLY? Both of you have (hopefully!) divulged if you have a kid (or several) you're supporting. But you should also be upfront if you send your mom a monthly check to help her get by or if he regularly sends money to a cash-strapped friend. Revealing these kinds of constraints presents a fuller picture of your finances. Don't judge, warns Rapley, but do ask, "Do you see yourself doing this forever?" If he's been weaning his BFF off, A+! But if you're assisting your mom for good, factor that into any joint budgeting.

WHAT SPLURGE WOULD YOU NEVER GIVE UP? The daily yoga class? Season tickets to college basketball games? No matter the indulgence, come clean now to head off bitterness later on. "When you're honest about things you won't compromise on, it's easier to find common ground," says Torabi.

3. WHAT ARE YOUR MONEY DREAMS?

You have big plans for the next decade and beyond… but does he?

WHAT'S THE ONE BIG THING YOU'RE HOPING TO SAVE FOR? "The things we save for in life reveal what we value," says Janice Goldman, author of *Let's Talk About Money*. Asking this question of each other will highlight your priorities. If you're both socking away cash for a house down the road, great. But if his savings are earmarked for a year of travel while you're saving to go back to school, you need to sort things out.

WHAT DO YOU THINK YOUR LIFE WILL LOOK LIKE IN 10 YEARS? Get specific about your visions for the future. Ask each other, "What kind of house will you live in?" "What car will you drive?" "What are you doing today to get you there?" says Rapley. The answers will show if you're in sync but also reveal if each of you is doing the work now to make these dreams a reality eventually. If the responses indicate a detailed plan to reach that goal, then you're good to go.

THREE SIGNS HE SUCKS WITH MONEY

1. He doesn't want to talk about it.
"If he's not open about what he wants or does with his money, that's a red flag," says Goldman. "Not talking about these things can breed secrecy and resentment."

2. He asks you to cosign a loan early in your relationship.
If his credit isn't good enough to get his own loan, that's a bad sign. So this one is a big no. "Try to think of it like a business relationship," says Goldman. "The stakes are too high for you to put your own credit on the line, and you need to protect yourself."

3. He's balling… out of control.
"If he shops exclusively on credit cards or has a majorly financed car, tread carefully," says Torabi. Ask how he swings such big expenses. This applies if he's giving money away too. Generosity is attractive, but flagrant disregard for a budget? Not so much. If he always splurges on bottle service or covers dinner for the table just to impress, simply ask why, Rapley says. "Encouraging him to think about the motivation behind his behavior may lead to a new approach."



TAKE OFF THE ROSE-COLORED GLASSES AND SEE WHAT'S *REALLY* GOING ON.

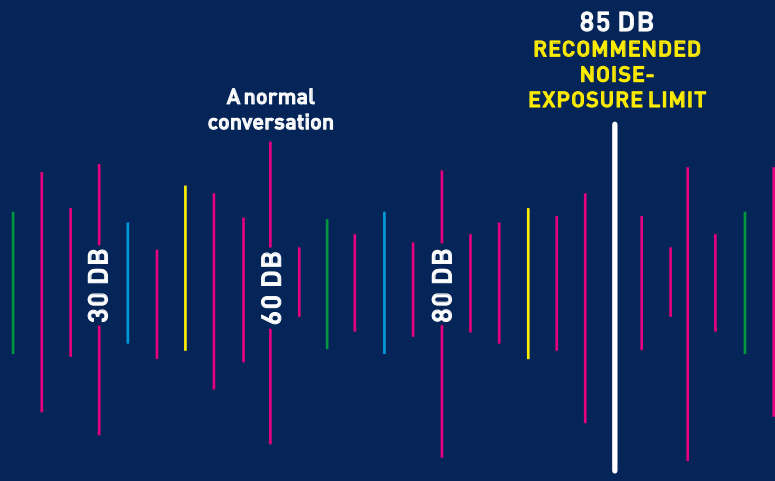


LOUD AND UNCLEAR

An alarming number of twenty-somethings have irreversible hearing damage. Listen up, before it's too late.

(TEXT) HELEN ZOOK. (PHOTO) LAUREN PERLSTEIN/STUDIO D.

HOW LOUD IS TOO LOUD?



YOU PROBABLY SHIELD YOUR SKIN with SPF and your eyes with sunnies, but how often do you grab earplugs before hitting a concert? The answer is: likely not enough. One in five Americans ages 20 to 29 already has hearing damage, according to new research published by the Centers for Disease Control and Prevention (CDC). And 1.1 billion young people worldwide are at risk for hearing loss, per the World Health Organization. Most of the affected don't even know it—which is distressing, since once you've lost any part of your hearing, it's gone forever.

The culprit is, not surprisingly, technology and the ways we use it. Today's earbuds may stay put during a run, but they cause more harm than traditional over-ear headphones. "Earbuds focus the noise right into your eardrum," says Yulia Carroll, MD, senior medical officer at the National Center for Environ mental Health at the CDC, "so the effect on your hearing is stronger."

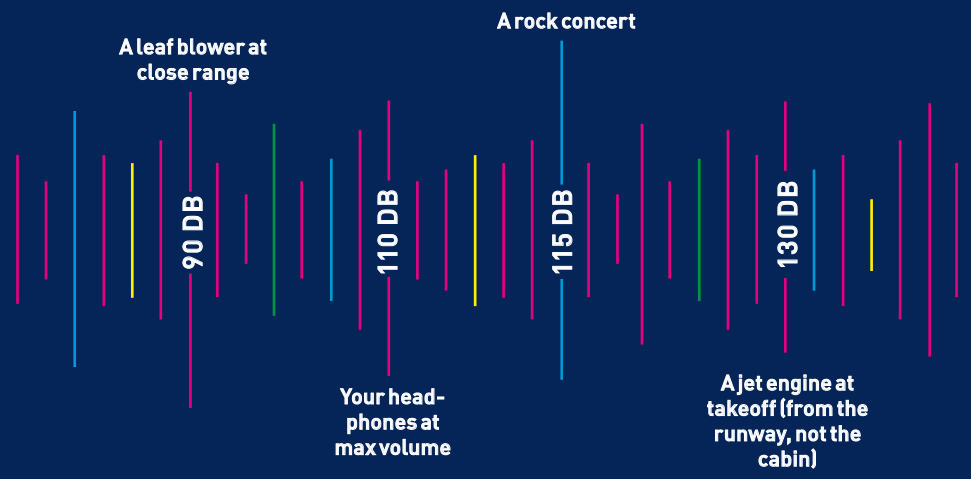
Meanwhile, 40 percent of young people ages 12 to 35 are regularly exposed to dangerous noise levels at concerts and sporting events. Nightclubs and bars pump music at intense volumes. And those cranked beats that get you through cycling class? They may do wonders for your butt, but they're wrecking your ears (research shows that some workout classes reach 94 decibels [dB], higher than the recommended noise-exposure limit of 85 dB).

Wherever you are, if noise is preventing you from hearing a friend standing a few feet away, it's probably causing damage, says Dr. Carroll. We're born with around 16,000 hair cells in each inner ear that help convert sound waves into electrical signals for the brain. These cells bend when exposed to sound, then straighten. But they're like blades of grass: Step on them once and they bounce back; crush them constantly and you'll kill the lawn. Trampled hair cells don't regenerate.

One small bit of good news: noise-induced hearing loss is tied to both volume and duration. That means you'd have to listen to something at 85 decibels for eight straight hours to cause damage (see "How Loud Is Too Loud?"). At levels over 100 dB, your window shrinks to 15 minutes.

CAN YOU REPEAT THAT?

Always asking people to speak up? Compulsively turn the TV louder? If this sounds familiar, says Yulia Carroll, MD, visit your primary-care physician, who may refer you to a hearing specialist for an extensive hearing test.



5 WAYS TO PROTECT YOUR EARS

KNOW YOUR NOISE LEVELS
Download an app like SoundMeter or Noise Hunter to track the decibel level around you—at concerts, in restaurants, and in techno-cardio classes.

PUMP DOWN THE VOLUME
You can still live life to a soundtrack if you follow the 60:60 rule: Listen at no more than 60 percent of your device's volume limit, no more than 60 minutes a day. (At lower volumes, you can listen longer.)

ABANDON THE BUDS
We get it—they're super convenient. But if you're cranking the volume, your ears are suffering. Need to drown out background noise? Noise-canceling headphones are best for blocking ambient sound. (Look for a noise reduction rating, or NRR, of at least 9.)

PLUG THEM UP
Your best festival accessory? Earplugs. (Look closely: The band and crew are wearing them.) Follow instructions on the packet to insert them properly—otherwise, they're useless.

GO IN PEACE
If you're headed home at the end of a loud night, turn the car stereo down—and lay off loud noise for at least 16 hours.

"I'M 33—AND I NEED HEARING AIDS"

I blared the clash and David Bowie in high school and joined a rock band at eight. My ears would ring for days after practice, but in my 20s, I didn't think twice about it.

At 30, I began having trouble tuning into convos with friends and colleagues. When baristas in my neighborhood repeated my order back to me, I'd just smile and nod. I thought everyone around me just needed to speak up. Meanwhile, I watched *Stranger Things* with subtitles because I couldn't hear the dialogue.

Eventually, an audiologist confirmed that my muffled hearing and the constant ringing in my ears were a direct result of the years I'd spent blasting (and making) high-volume music. I cried when he told me. I now use hearing aids—but to my happy surprise, they're not old-school giant tan plastic contraptions. They're nearly invisible. Not one person has ever asked me about them.

These days, I keep the music down to avoid further damage. At night, when all is quiet, I still listen to the sound of my ears ringing.

—Dana Suchow, as told to Leslie Goldman

SOUND BARRIERS

Craig Kasper, chief audiologist at New York Hearing Doctors, shares four other factors behind muffled hearing.

EAR WAX
You need some wax to lubricate and protect the tissue in your ear, but a wax buildup can block the canal and cause temporary hearing loss. Leave removal to a doctor; cotton swabs just push wax farther in.

ALLERGIES
They can cause congestion in the tube that links your nose to the middle of your ears, which can lead to temporary hearing struggles until the pathways clear.

COLD WATER
Love catching waves? Surfers and other cold-water swimmers are prone to something called exostoses, or small bony growths in the ear canal that develop slowly over time and can prevent sound from getting in. Docs aren't sure why this happens, but an audiologist will determine if you need surgery to remove them.

PERFORATED DRUMS
Changes in air pressure (experienced when flying or diving), very loud noises, and poking things in your ear can rupture a hole in your eardrum (ouch!). This often heals on its own—but if you notice long-term changes in your hearing, see your doctor.

FUN, FEARLESS, FIT

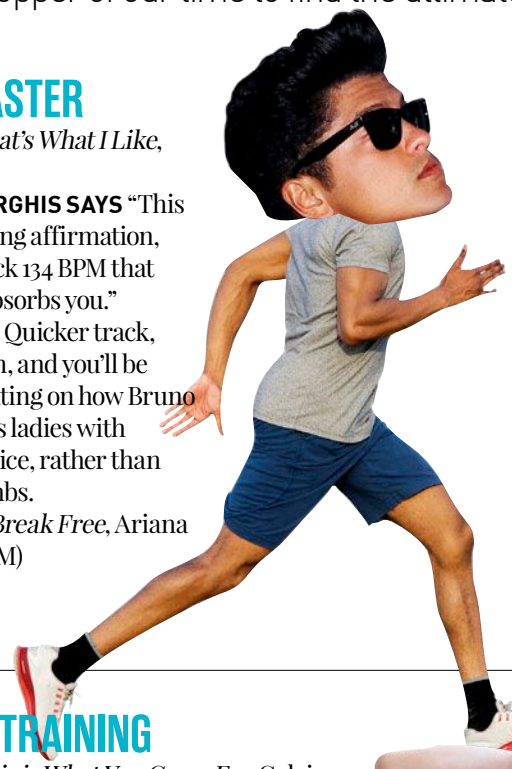
THIS PLAYLIST WILL MAKE YOU FITTER

The key to lifting heavier and running faster? It's all in your scientifically engineered Spotify playlist. Dr. Costas Karageorghis, sports psychologist at Brunel University, has analyzed every chart topper of our time to find the ultimate workout songs.



TO RUN FASTER

THE TRACK *That's What I Like*, Bruno Mars
DR. KARAGEORGHIS SAYS "This track has a strong affirmation, with a very quick 134 BPM that immediately absorbs you."
TRANSLATION Quicker track, quicker legs. Oh, and you'll be busy concentrating on how Bruno likes to treat his ladies with champagne on ice, rather than your aching limbs.
HATE IT? TRY *Break Free*, Ariana Grande (130 BPM)

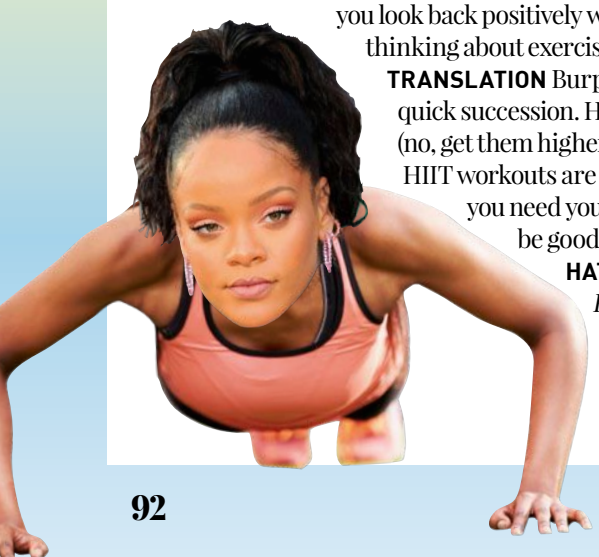


HITTING THE TREADMILL

THE TRACK *Runnin' (Lose It All)*, Naughty Boy featuring Beyoncé
DR. KARAGEORGHIS SAYS "We should try to match our runs to the beat of our music. This has a BPM of 140 and allows you to take a stride per beat. The lyrics also provide a motivational and inspiring mental image."
TRANSLATION The lyrics consistently repeat the word run. So what do we do? We run. And run and run.
HATE IT? TRY *Ran*, Future Islands (145 BPM)

INTERVAL TRAINING

THE TRACK *This is What You Came For*, Calvin Harris featuring Rihanna
DR. KARAGEORGHIS SAYS "Your affective memory determines how much you stick to an exercise program. Choose something uplifting so you look back positively when you're thinking about exercising again."
TRANSLATION Burpees. In very quick succession. High-knees (no, get them higher than that!) HIIT workouts are a bitch, so you need your tunes to be good.
HATE IT? TRY *Feel Invincible*, Skillet (126 BPM)





AB WORK

THE TRACK *Can't Stop The Feeling!*, Justin Timberlake
DR. KARAGEORGHIS SAYS "You can slow down a bit when it comes to the BPM and choose something with feel-good lyrics. The chorus almost exhorts movement."
TRANSLATION You just kind of have to keep on with the crunches, as you don't want to let JT down. Our only worry? When it comes to the plank, there *is* a way to stop the feeling...and that's by stopping planking.
HATE IT? TRY *Adventure of a Lifetime*, Coldplay (112 BPM)

[TEXT] CATRIONA INNES. [PHOTOS] [BACKGROUND] UNSPLASH.COM/DANE DEANER. [RIHANNA] REXFEATURES.COM. [JUSTIN TIMBERLAKE] WARNER BROS. [BEYONCE] COLUMBIA RECORDS/SONY MUSIC STUDIOS. [BRUNO MARS] MTV. [BODIES] ISTOCKPHOTO.

We get these and more, all year-round.

Because PETRON knows we deserve only the best!

FUEL REDEMPTION

GASUL DISCOUNTS

FUEL POINTS

LOAD REDEMPTION

FREEBIES AND DISCOUNTS

FREQUENT VISIT

ENGINE OIL POINTS

AIR MILES REDEMPTION

VIP EXCLUSIVE EVENTS

BIRTHDAY POINTS



Gretchen Ho



Luis Manzano

24/7 FREE TOWING

FUEL POINTS

FREQUENT VISIT

GASUL POINTS

RESERVED PARKING SPACE

LOAD REDEMPTION



FREEBIES AND DISCOUNTS



GASUL DISCOUNTS

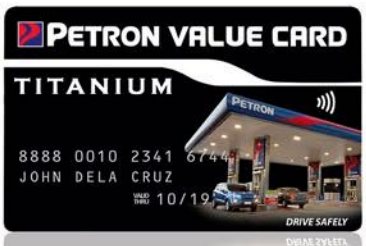
Danica Sotto-Pingris

Marc Pingris

Sharon Cuneta









Petron Value Card gives you more rewards and benefits than any other rewards card.
Now, we even made it easier for you to earn bonus points. So grab a Petron Value Card today!

IT'S THE ULTIMATE MOTORIST'S CARD!

Best Day @ PETRON

HEALTH NOTES

SHELF LIFE

Save yourself time, money, and even a possible trip to the doc by following these simple food storage rules.

IN THE FRIDGE

MILK: Lasts a week, kept on one of the shelves—*not* the fridge door.
BUTTER AND MARGARINE: Salted butter can last up to 14 days, while margarine stays fresh for a month.
VEGETABLES: Three to five days for chopped greens, and up to a week for whole. Carrots and celery last up to a month. Cucumbers, broccoli, cauliflower, bell peppers, zucchini, and mushrooms stay fresh for a week.
FRUIT: Lemons, oranges, and apples can keep for up to a month. Pears, berries, and grapes for up to a week, while cut-up fruit only lasts a day or two (at most).
EGGS: Whole, raw eggs can be kept in the fridge for three to four weeks.
SEAFOOD: Raw seafood will last up to two days. Cooking extends their life to about four days.
BEEF, PORK, AND CHICKEN: Raw meat lasts one to two days in the fridge, and six to eight months in the freezer. Cooked meat is good for up to one week.

ON THE COUNTERTOP

GARLIC: Between three and six months, whole.
ONIONS: Will last up to four months.
TOMATOES: Left out, they'll last a week.
BANANAS: Up to one week.
BREAD AND BAKED GOODS: If kept in a tightly closed or airtight container, can last up to one week.

IN THE PANTRY

GRAINS: Up to two years—except brown rice, which can only be stored for six months. Note: Cooked grains, when stored in the fridge in an airtight container, should be eaten within six days, tops.
POTATOES: Will last up to five weeks in a cool, dark place. Keep them away from onions!
SUGAR: White lasts—longer than brown, up to two years—but both types should be kept dry.
FLOUR: Six to eight months if kept in an airtight container.
DRIED HERBS AND SPICES: Six months, so get seasoning.
DRY PASTA: Up to two years, if stored properly.
VINEGAR, SOY SAUCE, OIL: Up to one year, even after opening.

FOOD FOR THOUGHT

- Always do a visual and smell check of anything you've stored—if it smells funky, has started to grow moldy, or has bugs in it, ditch it.
- Cooked food only lasts as long as the fastest expiring ingredient used.
- As much as possible, try to store refrigerated food in airtight containers.
- Freezing extends any food's shelf life, but may compromise flavor and quality.



[TEXT] GABY IGNACIO. [PHOTO] LOUIE AGUINALDO. [STYLING] STEPHEN DE JESUS. [SITTINGS] ANGELICA GUTIERREZ.

Play

COSMO GIRLS JUST WANNA HAVE FUN

PLANT PARENTHOOD

The internet says plant lady is the new cat lady, and with online shops like @TierraPlants delivering potted babies to your doorstep, it's easier than ever to welcome new members to the family. Even those with a black thumb will find it a cinch to transition from succulents to bigger plants—Tierra provides specific care guides and welcomes follow-up inquiries as your plant grows. Name it (like you would a pet), talk to it (plants feed on CO_2), and watch it thrive under your care.



[TEXT] DYAN ZARZUELA. [PHOTO] SANTILLAN CREATIVES/COURTESY OF TIERRA; TIERRAPLANTS.COM, @TIERRAPLANTS ON IG, TIERRAPLANTS@GMAIL.COM. [POTS] ALTUM CONCEPTS.

PLANS THIS WEEKEND?

TREAT YO' SELF

Take the guilt out of pleasuring yourself and have some fun with the sweetest sex toys.

Welcome to a new era of sex positivity, where sex toys are no longer a shameful secret—they're fast becoming more accessible, stimulating, and easy on the eyes (just look at the babes on this page!). Today's ever-growing wonderland of sex toys means plenty of fun, safe options for everyone, from those just starting out to advanced users. With all these choices, though, it can be quite intimidating especially for beginners who can't tell a bullet from a butt plug. If you've never owned, used, or even seen a sex toy in person, consider this your friendly guide to your new O buddies.



Part-Time Lovers

Your little black book of the basics.

VIBRATORS: Pretty self-explanatory, vibrators differ in terms of which spots they target: the clit, the inside of the vagina, the G-spot, etc. They can stimulate you from the inside, the outside, or both. Eggs and bullets are small, low-key vibrators that target the clit, while the *Sex and the City*-famous rabbit stimulates the clit and G-spot simultaneously. When shopping for vibes, take note of the noise level especially if you live with people who aren't invited to the party!

DILDOS: These insertibles meant for the vagina or anus come in all shapes (straight, realistic, etc.), sizes (the one time it can matter as much as you want!), and materials (silicone, glass, wood, stainless steel, etc.). Double-ended dildos spell simultaneous fun for the vagina and anus, or can be shared with a partner.

BUTT STUFF: Butt plugs look similar to dildos but are generally smaller with a flared base to prevent the plug from getting stuck where the sun don't shine. Anal beads are inserted one at a time and create an intense sensation when slowly pulled out right before or when you orgasm.

KEGEL BALLS: Small, hollow balls containing tiny weights that go in the vagina for exercise and stimulation.

PENIS RINGS: Helps your man stay harder for longer. The vibrating kind will rock both your worlds.

POWER PLAY TOYS: Whips, cuffs, clamps, blindfolds, and other BDSM gear.

BUTT WAIT, THERE'S MORE!

No matter how turned on you are, you could still need lube—especially for anal play—and there's absolutely no shame in that. Make sure to pair the right lube with the right toy and condom: water-based lube goes with everything but needs to be reapplied, silicone-based lube is good with latex condoms but damages silicone-made toys, and oil-based lube is best reserved for body massages.

SAFE WORDS

Take note of these tips for a smooth-sailing experience.

CHECK: Look up customer reviews, study the materials list for any possible allergies, and test the product on your hands if you're in a physical store. Take note of the warranty and return/exchange policies, too.

CLEAN: It's best to clean toys before and after use. Mild, unscented soap is good for most toys, but always check the instructions that come with the package. Battery-operated toys are to be gently wiped down, not submerged in water.

STORE: Once the toy is completely dry, take the batteries out (if it has any) and wrap it in lint-free cloth. Store in a cool, dry place.

Looking for Fun?

Here are a few safe spaces where you can shop for new toyfriends.

ILYA: www.shopilya.com; 2/F 189 Maginhawa St., Diliman, Quezon City

PLEASURE PLACE: pleasureplace.com.ph; G/F Metrowalk, Meralco Ave., Pasig

LOVE365: love365.ph; 203 Suite Greimel Building, Makati Ave. cor. Valdez St., Poblacion, Makati

Toy Story

Honest reviews of locally available toys from satisfied users.



TICKLER ZANY, ₱1,220, SHOPILYA.COM

The Tickler Zany is nicknamed the "pocket toyfriend" for a reason: you can stash it in your clutch, and best of all, it won't wake up in the morning and say it doesn't love you anymore. Just give the head a little twist—ha, the real thing can't do that!—and stroke to your heart's desire. —MARIE, 19



IROHA FUJI-LEMON, ₱1,830, SHOPILYA.COM

This isn't your typical bullet—aside from the flared base that helps with the grip (necessary as things get more intense!), its egg shape and two-tone color make it cute enough to display. (Of course, you know better than to expose this baby to outside elements!) —MICH, 27

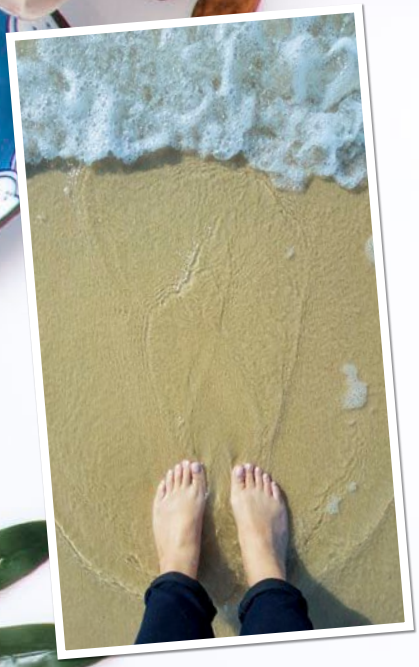


SVAKOM KERI, ₱3,960, SHOPILYA.COM

Your ultimate friend-with-benefits: it's a clit stimulator and internal vibrator in one sleek package. There are five vibration settings—press the hidden button once for a smooth under-the-blanket experience...or press it five times for seven minutes (or more, definitely more) in heaven. —CHIN, 22

[TEXT AND SITTINGS] DYAN ZARZUELA. [ADDITIONAL REPORTING] CHANDRA PEPINO. [PHOTO] LOUIE AGUINALDO. [STYLING] STEPHEN DE JESUS. [ASSISTANTS] KINA VELASCO, YANNA YANG. [SEX TOYS] ILYA.





WANDERLUST

GOLDEN FEVER

Discovering a slice of paradise in Australia's Gold Coast.

A 12-DAY CHUNK OF MY VACATION IN AUSTRALIA DURING WINTER this year was spent in the Gold Coast. After the hectic itinerary I laid out with my brother in frosty New South Wales, I expected to do the opposite on the sunny coast—a chill, no-agenda staycation at my aunt's lovely new home. I once visited the city back in 2001, but my time was mostly spent in their popular theme parks like Movie World and Dreamworld.

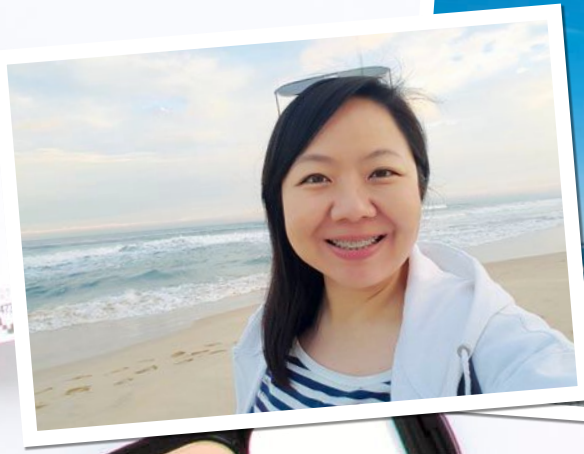
As soon as I arrived, I was reacquainted with the infectious warmth of its inhabitants through the casual greetings and cheery smiles they would offer to anyone who looked their way. No doubt this positivity was a product of living near the water, being surrounded by gorgeous natural wonders, and having the perfect climate all year round.

I got a glimpse of paradise when I took a trip to a quaint third wave coffee shop called KoKo Coffee Roasters and traversed by foot to nearby Mermaid Beach. I loved how the sun was strong but not overbearing, and how the wide golden strip could easily inspire people to go outdoors and get active: jump into the water, play games by the shore, and bike on the paved paths. As I sank my feet into the damp, powder-soft sand and the freezing 20-degree water, I was officially enthralled.

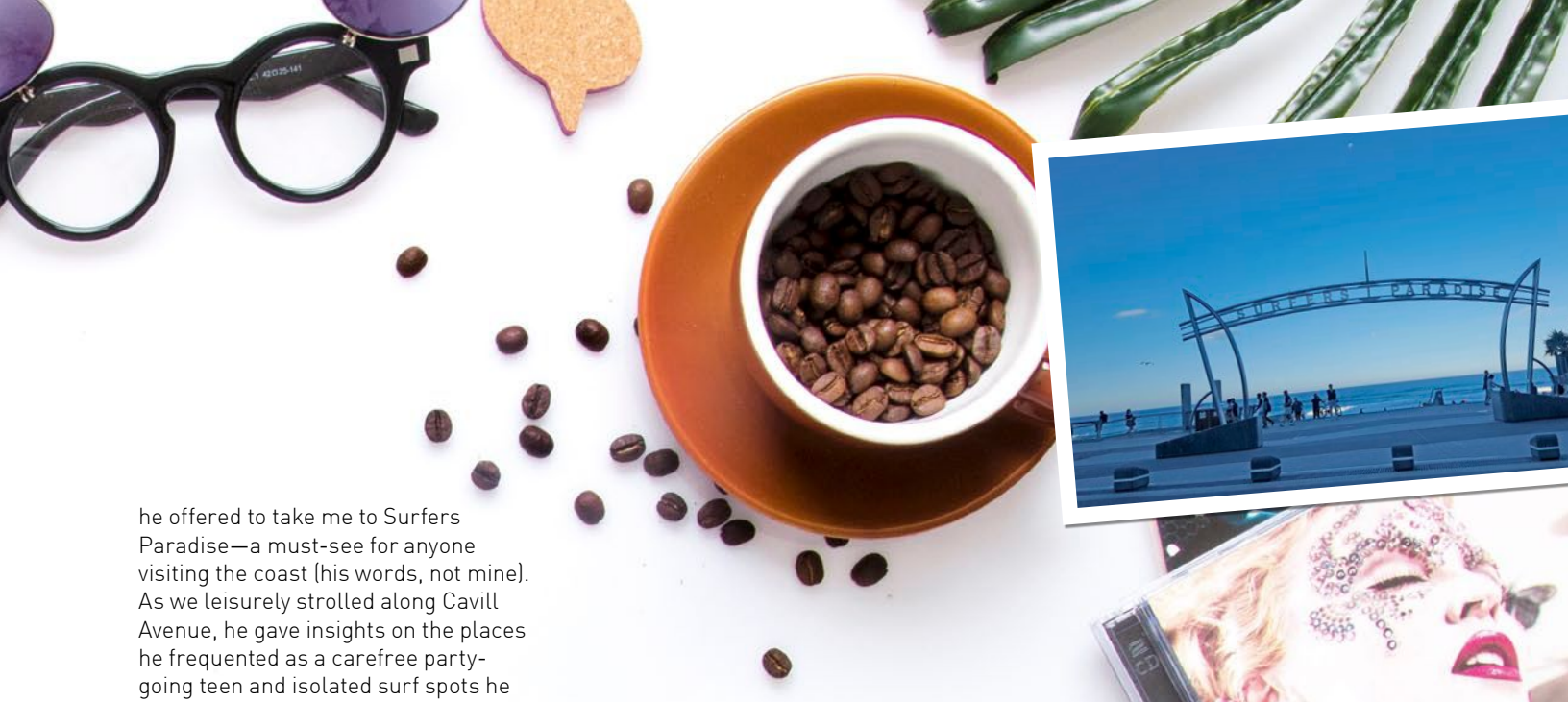
A few days later, a true-blue Gold Coaster and I met up for coffee at a nearby café. Over a decaf latte and an iced mocha, the usual questions were answered: "What brings you here?" "What do you do for a living?" "What's your family like?" As the minutes trickled into an hour, I half expected us to go our separate ways. Instead,













he offered to take me to Surfers Paradise—a must-see for anyone visiting the coast (his words, not mine). As we leisurely strolled along Cavill Avenue, he gave insights on the places he frequented as a carefree party-going teen and isolated surf spots he would regularly visit to clear his mind. With his lazy Aussie accent, he boasted that the Gold Coast was one of the best places in the world with its nearby beaches and rainforest hinterland. I didn't need much convincing.

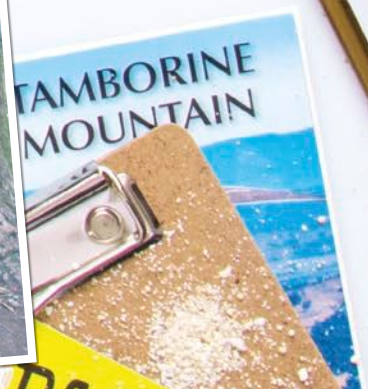
Two days later, we rode his trusty, worn-out Ford and made our way down south to Byron Bay—about an hour's drive from the city. The sun shone as we cruised along the highway, getting to know each other as classic '80s tunes by Simple Minds and The Police blasted through the car speakers. The beachside town was equally mesmerizing. Though the establishments were packed with vacationers (we were unfortunate to visit during a school holiday), the place still exuded a relaxed, unhurried vibe thanks to its low-lying buildings and artsy street murals. We snacked on sushi rolls and drank fruit smoothies by the sea while seagulls squawked for leftovers. There was really nothing else to do but stare at the sparkling expanse that lay before us, listen to the sound of the hypnotic, rhythmic crashing of the waves, and feel the cold breeze caressing our faces.

On our drive back home, we made random stops at less populated but equally stunning beaches. One spot—Hastings Point—was even closed off for a movie filming (which I later on discovered was for DC's *Aquaman*!). As the golden ball languidly set on the horizon, we gazed out to see strong giant waves pounding relentlessly over rocky formations, migrating whales expelling water out of their blowholes from a distance, surfers trying to ride as many waves as they could before the light completely disappeared, and a playful dolphin jumping across the water to bid us farewell as we went our separate ways.

Our encounter was like a dream: magical but fleeting, the way some things are meant to be. I'm just fortunate enough that it happened in this sunshiny city—a place that will always have a tender spot in my heart.









(TEXT) MIMI TIU. (PHOTOS) (FLATLAY) LOUIE AGUINALDO. (ADDITIONAL PHOTOS) COURTESY OF MIMI TIU. (STYLING) STEPHEN DE JESUS. (SITTINGS) DYAN ZARZUELA.

FOOD PORN

NEW YORK MINUTE

Flatiron 1771, named after the iconic NYC building, brings East Coast comfort food to our shores.

There's food that reminds you of home, and then there's food that takes you to another place. Inspired by the endless hustle of Manhattan city life, the restaurant group behind Sentro 1771 has set up shop in Uptown Mall, Bonifacio Global City, serving up fan favorites like the Salbacho Pizza (₱450) while keeping things fresh with the Pomelo Orzo Salad (₱320), Corned Beef Skillet (₱450), and the Pizzaiola Pasta (₱220). But you can't leave the bistro without trying their Intense Brownie Burger (₱560), a rightfully indulgent dessert that requires three spoons (and three friends) to enjoy.



[TEXT] CHANDRA PEPINO. [PHOTO] PATRICK MARTIRES. [SITTINGS] DYAN ZARZUELA.

SHOPPING DIRECTORY



BEAUTY

Anouk Natural Skincare facebook.com/anouknaturalskincare
Avon At major department stores
Banila Co. banilaco.ph
Beauty MNL (COSRX, Holika Holika, Juice Beauty, Phyto, Pixi, SCO) beautymnl.com
Benefit Greenbelt 5, SM Megamall
Celeteque celeteque.com
Chic At major department stores
Clinique clinique.com.ph
Covergirl facebook.com/covergirlph
Dove At major department stores
Dyson Supersonic Century City Mall
Estee Lauder At Rustan's department stores
Etude House etudehouse.ph
Glamourbox (Beaublends, Dewytree, Farmstay) glamourbox.ph
Happy Skin happyskincosmetics.com
K-Palette At major department stores
Kérastase At major salons
Kiehl's facebook.com/KiehlsPhilippines
Kracie At Beauty Bar outlets
L'Occitane ph.loccitane.com
L'Oréal At major department stores and supermarkets
L.A. Girl facebook.com/LAGirlPhils
Lush facebook.com/LushPhilippines
MAC SM Makati, SM Megamall
Make Up For Ever makeupforever.com.ph
Max Factor facebook.com/MaxFactorPH
NARS narscosmetics.com
Revlon At major department stores
Rustan's The Beauty Source (Clarins, Mario Badescu, Murad, Stenders) Glorietta 4
Sephora (Arcona, Guerlain) sephora.ph
Snoe snoebeauty.com
Soak soakartisansoap.com
The Body Shop thebodyshop.com.ph
The Face Shop facebook.com/ThefaceshopPhilippines
Watsons (AprilSkin, Mediheal, SNP) watsons.com.ph
Yadah At Beauty Bar outlets
Yves Rocher facebook.com/YvesRocherPhilippines

FASHION

A'postrophe Glorietta 4
Aldo, Aldo Accessories facebook.com/AldoPhilippines
Avon avon.ph
Barbizon barbizonfashion.com
Bench benchtm.com
Bershka bershka.com/ph
Call It Spring SM Aura Premier
Charles & Keith Greenbelt 5, Power Plant Mall
Dorothy Perkins dorothyperkins.com
Esprit esprit.com
Etam facebook.com/EtamPhilippines
Ever New The Podium
Float Swimwear floatswimwear.com
Forever 21 SM Makati, SM Megamall
Fossil Shangri-La Plaza
Fringed fringedmnl.com
Guess Glorietta 4, Mega Fashion Hall
H&M hm.com/ph
Heyjow heyjow.com
La Senza facebook.com/lasenzaph
Mango Shangri-La Plaza
Maven Shop facebook.com/themavenshop
Miss Selfridge Greenbelt 5
Naked Sun facebook.com/NSSwimwear
Pacsafe pacsafe.com
Parfois Glorietta 4, SM Megamall
Plains & Prints plainsandprints.com
Primadonna facebook.com/primadonnashoesofficial
Private Storey instagram.com/privatestorey
Promod Greenbelt 5, SM Megamall
Pull & Bear pullandbear.com/ph
River Island riverisland.com
Sfera facebook.com/SferaPhilippines
SM Department Store (SM Woman, What Women Want) thesmstore.com
Sperry sperry.com.ph
Stradivarius stradivarius.com.ph
Topshop topshop.com
Uniqlo SM Mega Fashion Hall
Warehouse facebook.com/WarehousePhilippines
Zalora (Kate Spade) zalora.com.ph
Zara SM Mall of Asia

LIFESTYLE

Cath Kidston cathkidston.com
Common Room (Artsyology, Cheryl Owen, Serious Gentlemen, Tweet & Twine) 325 F. Dela Rosa St., Quezon City
Craft Central thecraftcentral.com
Fully Booked fullybookedonline.com
H&M Home hm.com/ph
Ilya shopilya.com
Invitation House facebook.com/InvitationHousePH
National Book Store nationalbookstore.com
Typo Greenbelt 5

MAY K KA BASTA Silka® WHITENING DEODORANT



/SilkaSkincare @Silkaskincare @Silkaskincare

HOROSC

Coming off a steaming-hot summer, it's time to cool down and focus. A stack of planets in realistic Virgo invites you to de-clutter. On the 22nd, the Sun moving into Libra will nudge you to problem-solve like a boss all month.



LIBRA

09.23-10.22

Life has felt out of your control, but take a breath. A generous act will surprise you on the 2nd, lifting your spirits in a major way. You will feel more centered on the 22nd, when the Sun moves into your sign. Aim high and follow through on your dreams—naughty and otherwise.

YOU NEED: To trust that the universe has your back.

LIBRA GUY: Boo is moody at the mo', but sensual tub time for two will ease his tension.



SCORPIO

10.23-11.21

This is a total slamdunk month for you—and the 12th will be your half-court basket day. Celebrate all the good on the 19th, when an opposition between Mercury and Neptune helps connect you with the people you love. Avoid burnout with some outdoor me time.

YOU NEED: Praise! Take a bow.

SCORPIO GUY: He's crushing work, so werk the sitch to your advantage by celebrating with him all night long.



SAGITTARIUS

11.22-12.21

Things are looking up. Since 2014, disciplined Saturn has been in your sign, bringing tough lessons. But you're about to reap rewards majorly: Five planets are now in your fame and success zone! Set high goals on the 20th, then reconnect with your tribe.

YOU NEED: To go with your gut.

SAGITTARIUS GUY: The future's so bright, he's wearing shades. Bond over daring new ideas—in the bedroom and beyond.



CAPRICORN

12.22-01.19

You are on the verge of a transition, so skip slow and steady and be bold! Don't be afraid to make changes when the Sun forms a harmonious aspect to powerful Pluto on the 9th. Be open to chance meetings on the 28th—someone new could spice up your life.

YOU NEED: To tap into your fun, fearless side.

CAPRICORN GUY: He's ready to see the sights. So pack a bag, buy a ticket, and explore the world (and each other).



AQUARIUS

01.20-02.18

You've been on a wild ride recently, and your most important relationships may be in need of some TLC. On the 18th, loving Venus influences your ruler Uranus and brings an unforgettable night that reminds you who you really care about.

YOU NEED: To tune out distractions.

AQUARIUS GUY: He's opening up about his deepest feels. Lend a loving...ear.



PISCES

02.19-03.20

Romance is coming for you! If you're on the hunt for someone new, the 6th is a fantastic time to swipe right on any promising prospects. Taken? Your sex life is about to skyrocket. The 29th is a perfect day for that smolder-fest. Focus on finance at month's end.

YOU NEED: A wardrobe pick-me-up.

PISCES GUY: Someone's frisky! Let out your inner kitty to make him really purr.



ARIES

03.21-04.19

Your plate is overflowing this month, so remember: The more organized you are, the more you will thrive (and take advantage of a creativity boost on the 2nd). Time outside will bolster you, as will finding time for friends, old and new. Say yes to happy hour!

YOU NEED: To recommit to your health.

ARIES GUY: He hates asking for help, but he needs it. Give him some after-hours support.

(TEXT) AURORA TOWER. (STILL) COURTESY OF BENEFIT.

OPE

TAURUS

04.20-05.21

You've been crushing your professional game, but all work and no play can make you a snooze, so channel your silly side. The 12th will be a huge day for love when your ruler Venus makes an amicable aspect to pragmatic Saturn. A new moon on the 20th ignites your creative juices.

YOU NEED: The fun! Revel in it.

TAURUS GUY: Meet Mr. Confident. Get your goofy on, and let your freak flags fly high together.

GEMINI

05.22-06.20

As busy summer comes to an end, you are in need of some serious chill time. Put some effort into making your home a cozy oasis. Then get ready for a big career push on the 6th, when the Full Moon falls into your zone of fame and success. It's time to dazzle your team with fresh ideas that sparkle. Say hola to a new beau on the 22nd.

YOU NEED: To follow your heart.

GEMINI GUY: He's on edge—plan a staycation to mellow him out.

CANCER

06.21-07.22

All your friends want to hang right now, and you'll feel energized when flitting from party to party. But leave room in your schedule for some sexy time, especially around the 9th, when the Sun and sturdy Pluto are in your relationship zone. Not feeling it? Wait until after the 28th.

YOU NEED: To flex your flirt muscles.

CANCER GUY: He is busy AF but still wants his nookie nights with you.

LEO

07.23-08.22

You've been on a roll at work, and it's paying off. Lock down a big project on the 2nd, when Mars makes a perfect aspect to Uranus. By the end of the month, you'll be looking to get buck wild, so say hello to Mr. Right Now on the 22nd, when the Sun moves into coy Libra!

YOU NEED: To be present in this fab moment.

LEO GUY: He's in a giving mood—let him satisfy you in every single way.

VIRGO 08.23-09.22

STELLAR GIFTS: You are ultra-organized and totally patient.

BLIND SPOTS: Try to stay self-aware and tuned into others' perceptions.

YOUR MONTH: Don't be afraid to stand center stage, especially early in the month, when a surprising dude could sweep you off your feet. The 20th is the perfect time to set sky-high goals for the rest of the year. You're on fire, so enjoy it!

YOUR YEAR: Expect dozens of swanky invites and generous offers. Try not to get swept up in the chaos—stay loyal to trusted friends and family, and only say yes to things you actually want to do. November and January will be red-hot months for love.

YOU NEED: To be open to new people, ideas, and connections.



BEAUTY TIP

Erase all evidence of those all-nighters at work (or at the club—wink, wink!) with a concealer that won't budge.

BEST MATCHES

TAURUS: You trust each other enough to get totally raunchy between the sheets.

CANCER: You can rely on him through thick and thin.

VIRGO GUY

LOVES: Sweet, sensitive ladies who appreciate his fiery passion.

HATES: Rigid partners who won't hear him out.

DREAM DATE: Long, peaceful hikes followed by a steamy shower together.

WIN HIM OVER: By being patient and showing interest in his hobbies.

MY SECRET TO BEING HAPPY

JAZMIN REYES

Radio DJ, host, director, writer, and producer Jazmin Reyes finds meaning in good storytelling.



At any given moment, you can find Jazmin Reyes knee-deep in story development, whether it's for the morning radio show that she hosts on Play FM, Chef Claude Tayag's TV show *Chasing Flavors* (for which she is co-director), or her next short film (a recent collab titled *Pagnanakaw* won second place at an international competition). "I get story ideas from people, places, and experiences. Some I write down with the idea of turning them into short films or TV shows, others just into silly videos. I started with theater, and the rigorous practice of developing characters to make a scene more effective is always a wonderful exercise." She says, "I think when you find your purpose in the world, you can attain a sense of happiness that isn't materialistic or romantic—a self-actualization that allows you to move meaningfully in life. I'm still finding that purpose for myself, but I'm moving towards it, slowly but surely."

"The smell of coffee in the morning, the pitter-patter of your dog's paws, the ocean breeze... Celebrating these often neglected simple joys paves the way for true enlightenment."

(INTERVIEW) DYAN ZARZUELA. (PHOTO) MIGUEL SOTTO.

MONTERO SPORT

Circle of Confidence

Safety is a priority the moment you enter the vehicle.



Drive with confidence with the 2017 Montero Sport GT's host of safety features

The newest iteration of the Mitsubishi Montero Sport GT has bolstered its safety features with Ultrasonic Misacceleration Mitigation System (UMS) and Adaptive Cruise Control (ACC). Add to that existing features such as Forward Collision Mitigation System (FCM), Blind Spot Warning System (BSW), 7 SRS Airbags and RISE Body, and you've got yourself a vehicle that becomes the standard of safety in its class.



To help prevent parking collisions, the UMS controls engine output if you suddenly accelerate forward or reverse by accident.



The ACC maintains your desired distance with the car ahead of you via radar to lend driving assistance & enhance driving comfort – perfect for reducing driver stress during highway cruising with traffic.

MIVEC CLEAN DIESEL | 8 SPEED AUTOMATIC TRANSMISSION

Engineered Excitement

The Montero Sport is available in the following variants:
GT 4WD 8-speed A/T, GLS 4WD 6-speed M/T,
GLS Premium 2WD 8-speed A/T,
GLS 2WD 8-speed A/T and GLX 2WD 6-speed M/T

100th Anniversary
A century of innovation.
Mitsubishi automobiles.

Visit your nearest
Mitsubishi Motors dealer now!

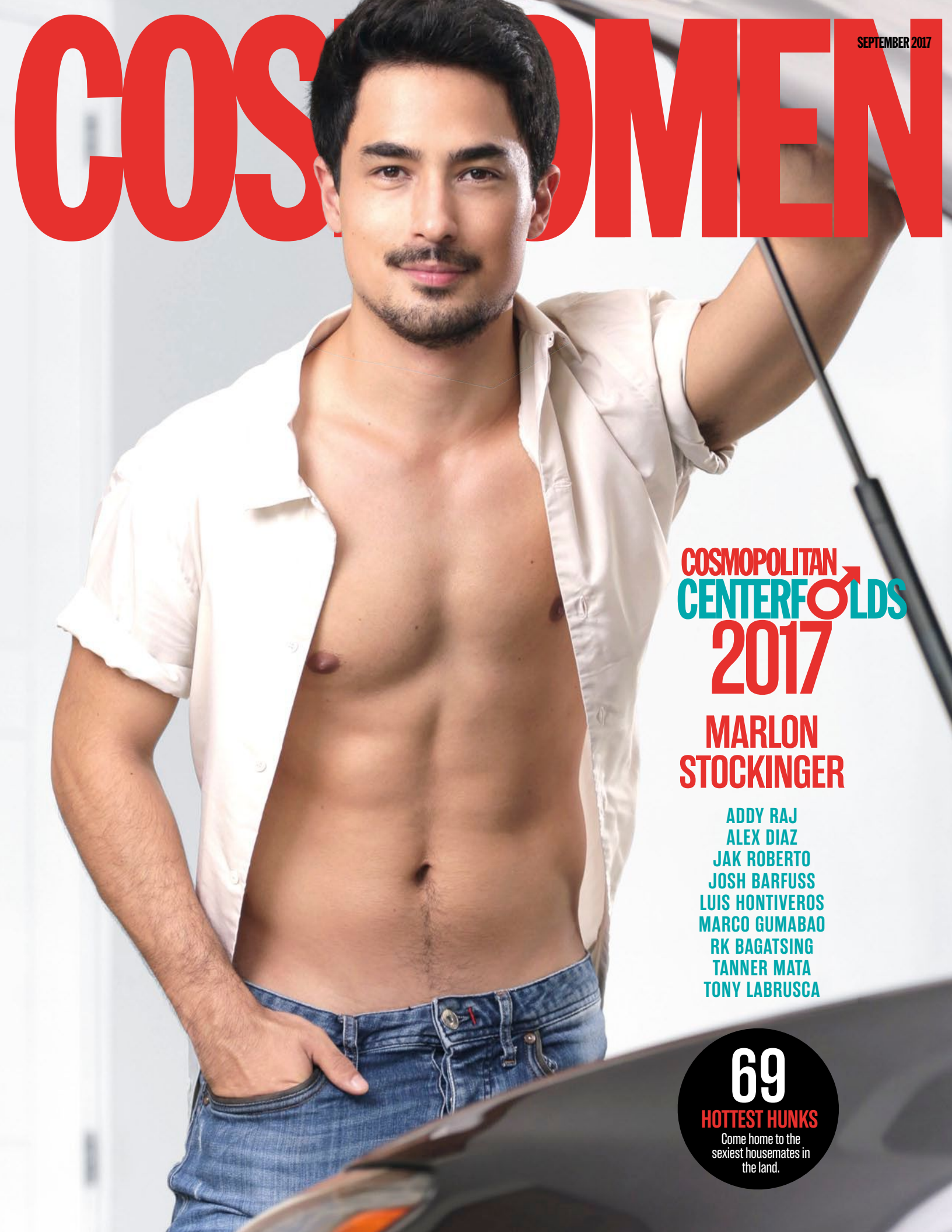
MITSUBISHI MOTORS
Drive@earth

Vehicle color may vary from actual unit.

Like us on Mitsubishi.Motors.Philippines.Corp

www.mitsubishi-motors.com.ph


© 2017 Revlon
CHOOSE TO MAKE IT LAST
24 hrs
wears up to
BUILT-IN BRUSH
NEW REVLON COLORSTAY™
CRÈME EYE SHADOW
New **crème shadow** delivers **blendable, luxurious color**, with a unique **built-in brush** for easy application. In 12 brilliant shades.
You hold the power. Choose love.
CIARA WEARS BLACK CURRANT
CHOOSE YOUR LOOK AT REVLON.COM
REVLON®


COSMOMEN
SEPTEMBER 2017
COSMOPOLITAN
CENTERFOLDS
2017
MARLON
STOCKINGER
ADDY RAJ
ALEX DIAZ
JAK ROBERTO
JOSH BARFUSS
LUIS HONTIVEROS
MARCO GUMABAO
RK BAGATSING
TANNER MATA
TONY LABRUSCA
69
HOTTEST HUNKS
Come home to the sexiest housemates in the land.

COSMOMEN

EDITOR IN CHIEF Marla Miniano
ART DIRECTOR Paula Pangan
MANAGING EDITOR Dyan Zarzuela
EDITOR, COSMO CENTERFOLDS Happy Lopez
EDITOR, COSMO BACHELORS Chandra Pepino
ADMINISTRATIVE ASSISTANT Carie Aguila

On the COVER

Marlon Stockinger
Photography by Jico Joson
Grooming by Omar Ermita
Hair by Angelu Dominguez

COSMOPOLITAN CENTERFOLDS

CONTRIBUTORS
TIN ALBANO, RAIZEL BALTAZAR, RON CALZADO, INSEL CULLA, DAIRY DARILAG, ANGELU DOMINGUEZ, DOOKIE DUCAY, OMAR ERMITA, DAVE GRONA, KAT GUMABAO, JAY HERRERA, MJ IQUINA, JICO JOSON, CHOLO RIBAYA

COSMOPOLITAN BACHELORS

CONTRIBUTORS
TIN ALBANO, RAIZEL BALTAZAR, DAIRY DARILAG, ANGELU DOMINGUEZ, DOOKIE DUCAY, DAVE GRONA, JICO JOSON


The Lion King much?


RK's a laundry rookie...

WELCOME HOME, COSMO GIRL!
To see more of our Apartment 69 hotties, log on to Cosmo.ph. Follow us on facebook.com/cosmopolitan.ph, IG @cosmopolitan_philippines, and Twitter @cosmo_ph.


And they call it puppy love.


James Carne is sexy *and* cute!

Doing the dishes is fun all over again.




Chef Tony!



Our Bachelors hail from all over the world!



SPECIAL THANKS TO:

MANILA MARRIOTT HOTEL
2 RESORTS DRIVE,
PASAY CITY
(02) 988 9999

MARCO POLO ORTIGAS
1600 MERALCO AVENUE,
SAN ANTONIO, PASIG CITY
(02) 720 7777

NOVOTEL MANILA ARANETA CENTER
GEN. AGUINALDO AVENUE, CUBAO,
QUEZON CITY, (02) 990 7888

ONE BIG WASH
FOR SELF-SERVICE LAUNDRY
FRANCHISING INQUIRIES, CONTACT
(0918) 838-3333 OR EMAIL
INFO.ONEBIGWASH@GMAIL.COM.



(PHOTO) JICO JOSON (PHOTO ASSISTANT) RAIZEL BALTAZAR. (GROOMING) DAVE GRONA FOR REVLON PROFESSIONAL BRANDS. PH. (HAIR) ANGELU DOMINGUEZ.

ANTONIO LOMAR, 24
MODEL
@antoniolomar

Zodiac Sign:
Aquarius
All hail: "I think women know everything!"

COSMOPOLITAN BACHELORS 2017

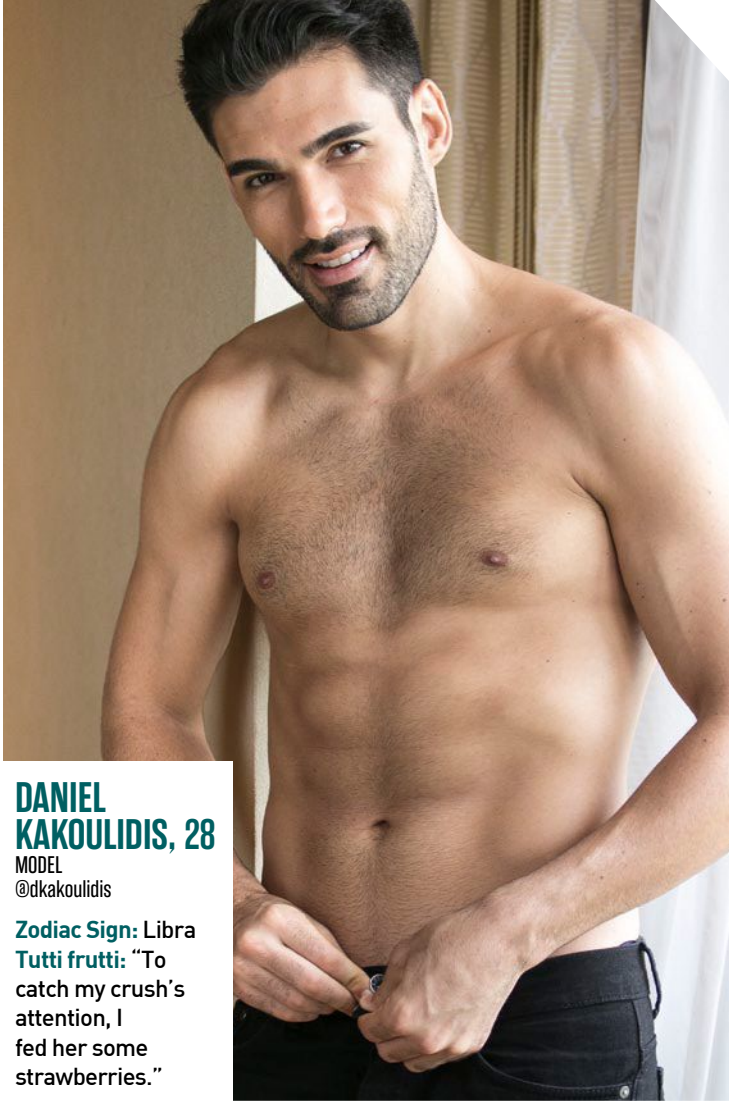
Welcome to Apartment 69—the country's sexiest domestic gods have been waiting for you.



JOSEPH SANTOS, 20

ARTIST
@officialjosephsantos

Zodiac Sign: Aquarius
Like it rough: "Two words: Hair pulling."



DANIEL KAKOULIDIS, 28

MODEL
@dkakoulidis

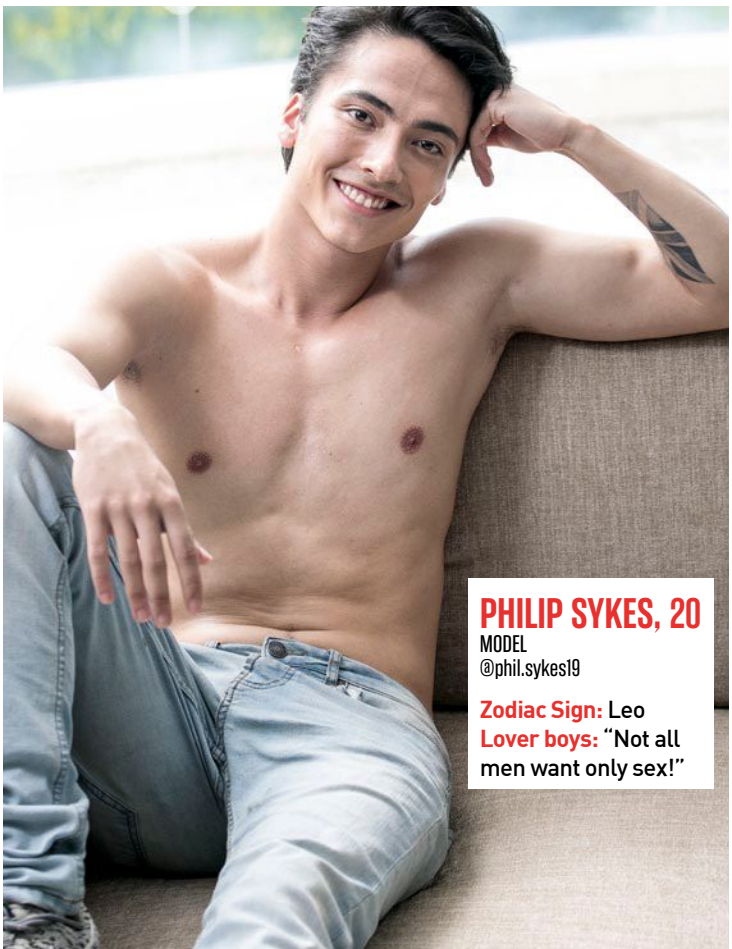
Zodiac Sign: Libra
Tutti frutti: "To catch my crush's attention, I fed her some strawberries."



JOHANNES RISSLER, 18

ACTOR/MODEL
@superjohans

Zodiac Sign: Capricorn
Well-oiled machine: "Ladies, size doesn't matter—but performance does."



PHILIP SYKES, 20

MODEL
@phil.sykes19

Zodiac Sign: Leo
Lover boys: "Not all men want only sex!"

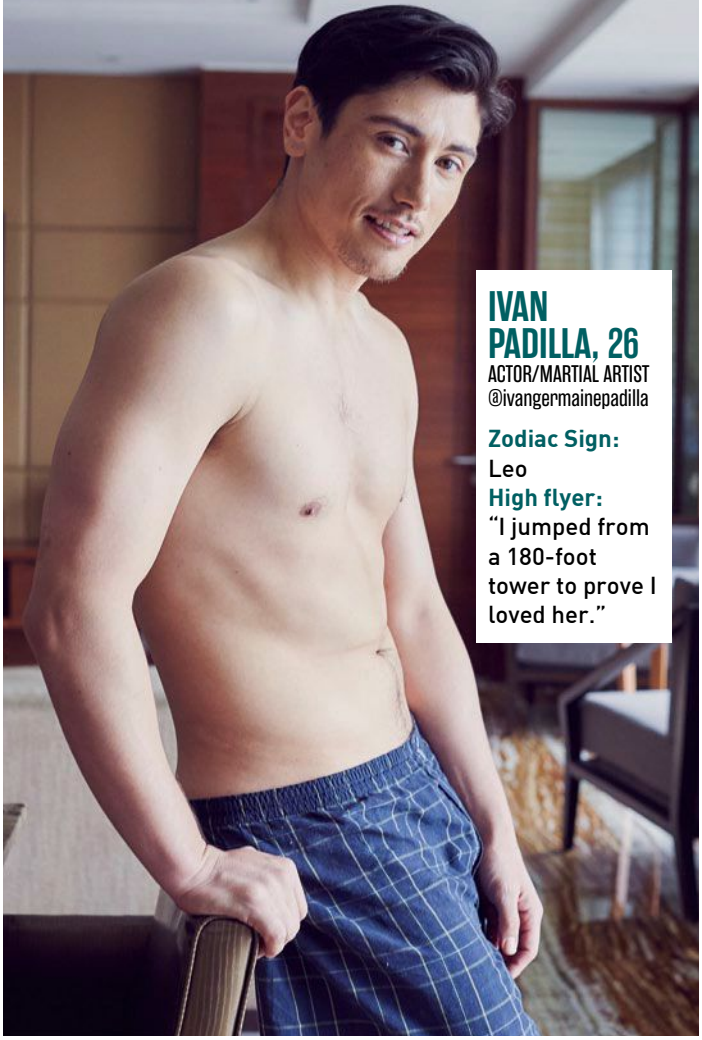
(PHOTOS) (KAKOULIDIS, RISSLER, SYKES) JICO JOSON. (SANTOS) DAIRY DARILAG. (GROOMING) (RISSLER) DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH. (KAKOULIDIS, SANTOS, SYKES) TIN ALBANO USING NARS. (HAIR) (RISSLER, SANTOS) DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH. (KAKOULIDIS, SYKES) ANGELU DOMINGUEZ.



IVAN DE GUZMAN, 23

CABIN CREW
@ivan.deguzman.11

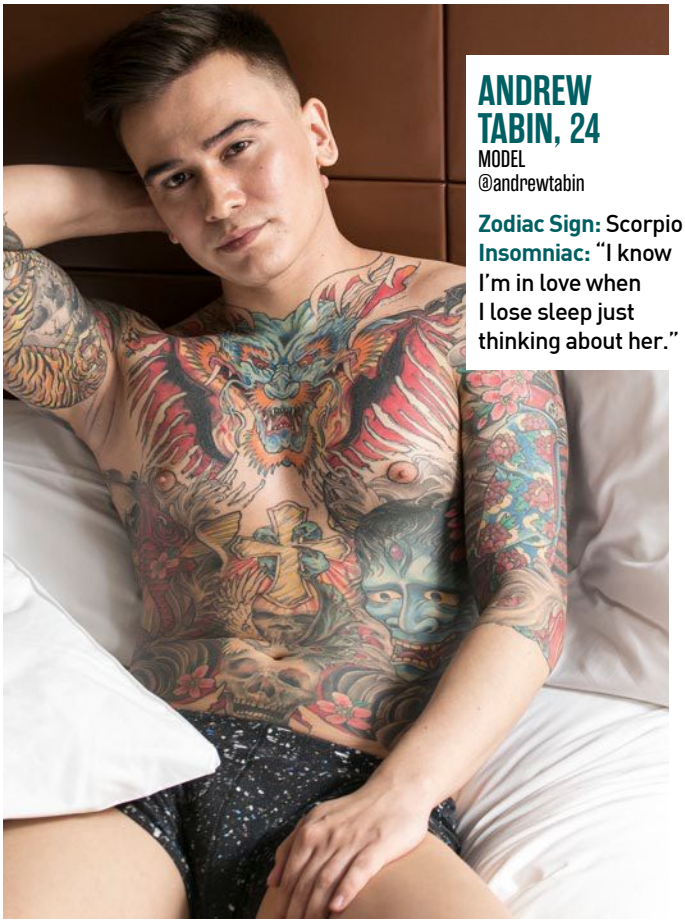
Zodiac Sign: Scorpio
Both worlds: "I'm sweet as heaven and hot as hell."



IVAN PADILLA, 26

ACTOR/MARTIAL ARTIST
@ivangermainepadilla

Zodiac Sign: Leo
High flyer: "I jumped from a 180-foot tower to prove I loved her."



ANDREW TABIN, 24

MODEL
@andrewtabin

Zodiac Sign: Scorpio
Insomniac: "I know I'm in love when I lose sleep just thinking about her."

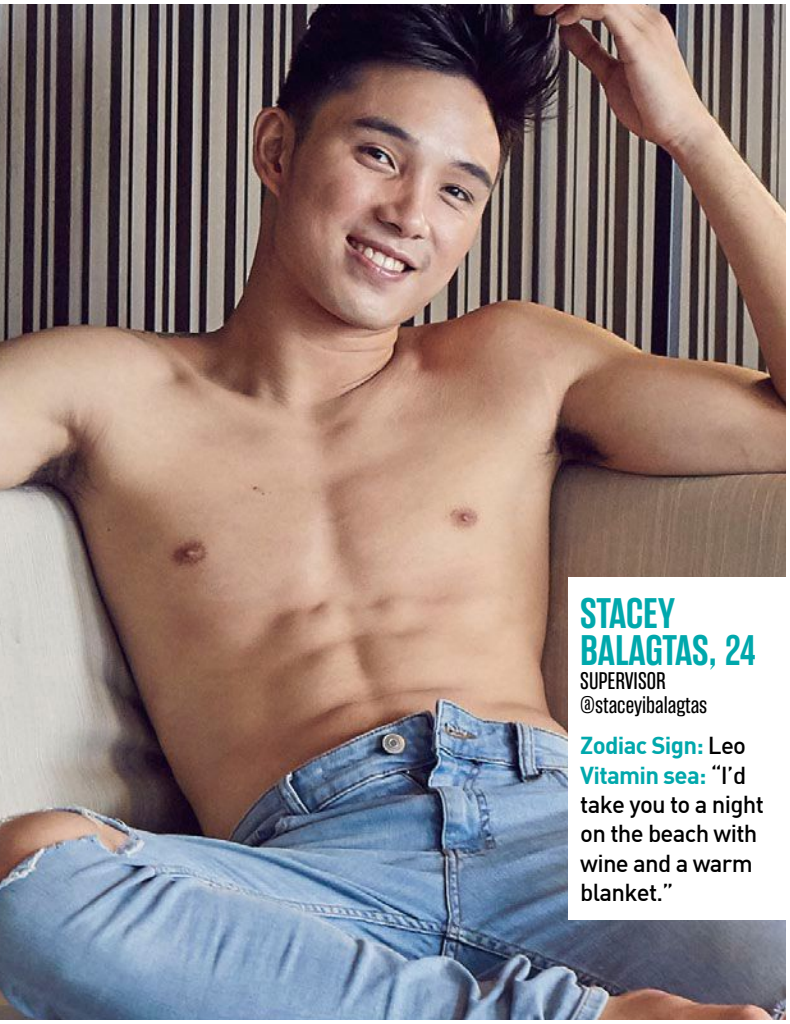


YASSER MARTA, 20

ACTOR
@oneup_yasmarta

Zodiac Sign: Leo
The north O-face: "I'd love to do it outdoors, like the top of a mountain."

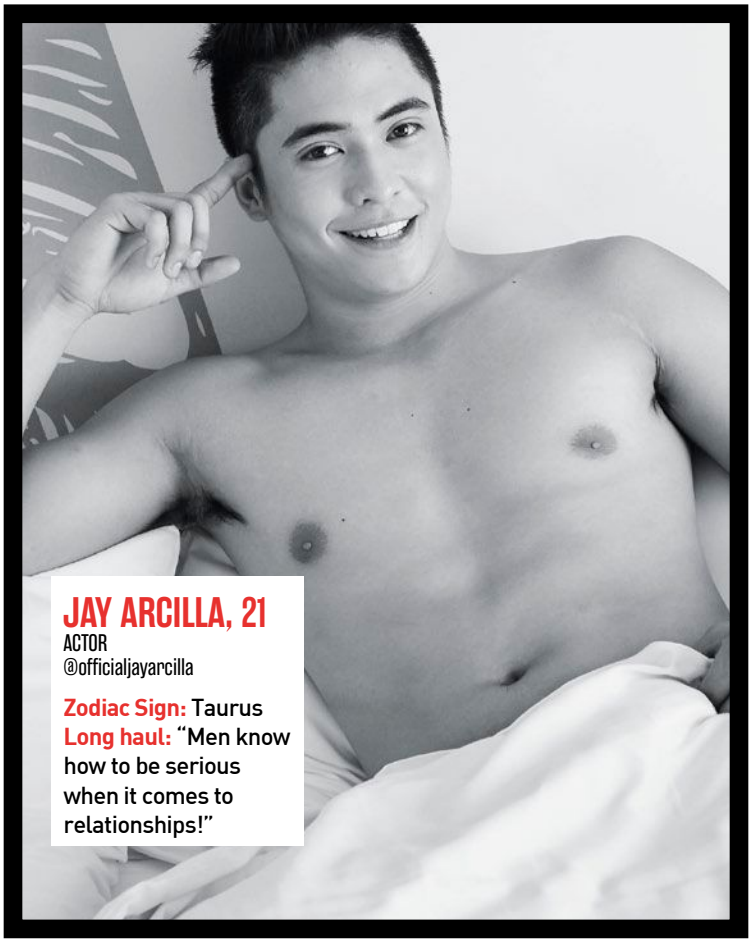
(PHOTOS) IDE GUZMAN, TABIN) JICO JOSON (MARTA, PADILLA) DAIRY DARILAG (GROOMING) IDE GUZMAN, MARTA, TABIN) DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH. (PADILLA) TIN ALBANO USING NARS. (HAIR) DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH.



STACEY BALAGTAS, 24

SUPERVISOR
@staceyibalagtas

Zodiac Sign: Leo
Vitamin sea: "I'd take you to a night on the beach with wine and a warm blanket."



JAY ARCILLA, 21

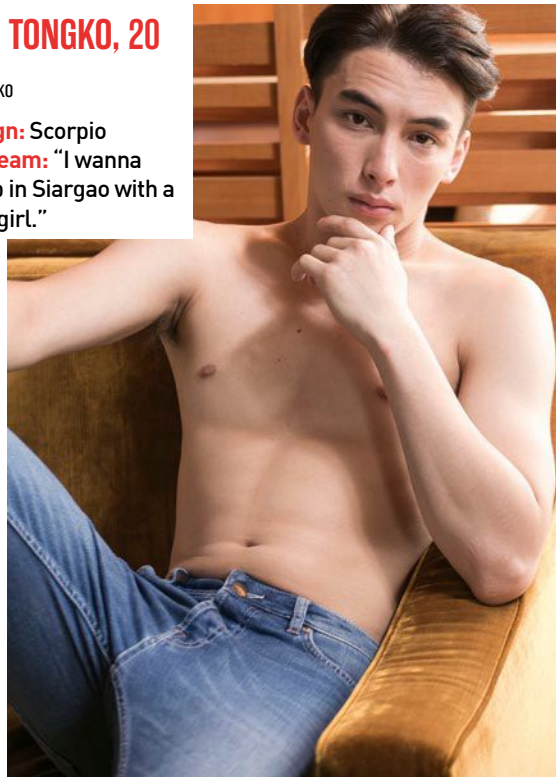
ACTOR
@officialjayarcilla

Zodiac Sign: Taurus
Long haul: "Men know how to be serious when it comes to relationships!"

ADRIAN TONGKO, 20

ATHLETE
@adriantongko

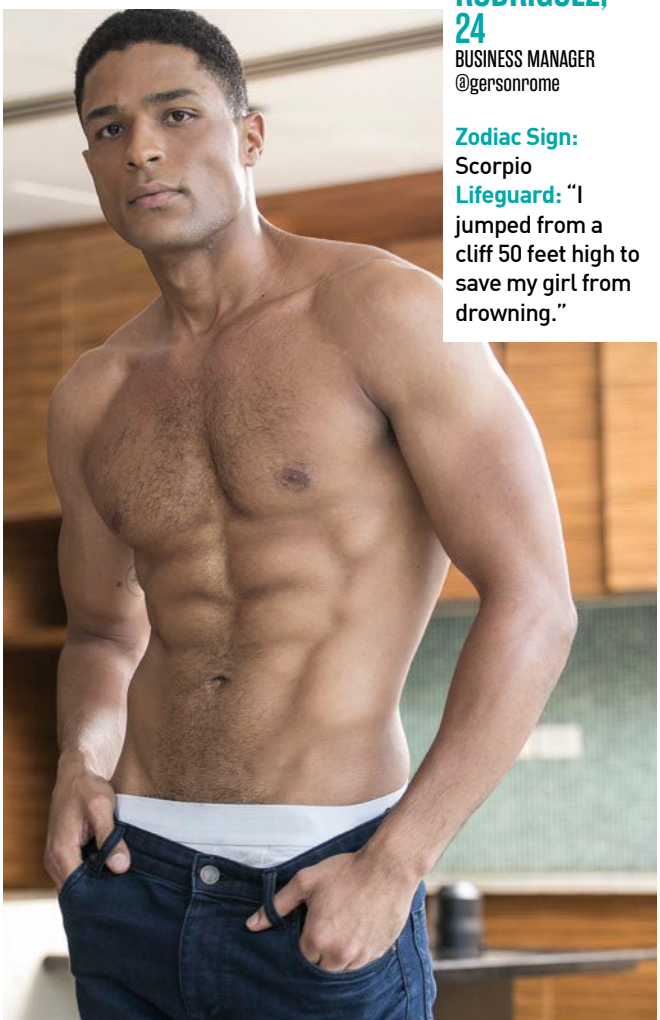
Zodiac Sign: Scorpio
Surfer dream: "I wanna skinny dip in Siargao with a beautiful girl."



GERSON RODRIGUEZ, 24

BUSINESS MANAGER
@gersonrome

Zodiac Sign: Scorpio
Lifeguard: "I jumped from a cliff 50 feet high to save my girl from drowning."



(PHOTOS) (ARCILLA, BALAGTAS) DAIRY DARILAG. (RODRIGUEZ, TONGKO) JICO JOSON. (GROOMING) (BALAGTAS) DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH. (ARCILLA, RODRIGUEZ, TONGKO) TIN ALBANO USING NARS. (HAIR) (ARCILLA, BALAGTAS) DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH. (RODRIGUEZ, TONGKO) ANGELU DOMINGUEZ.

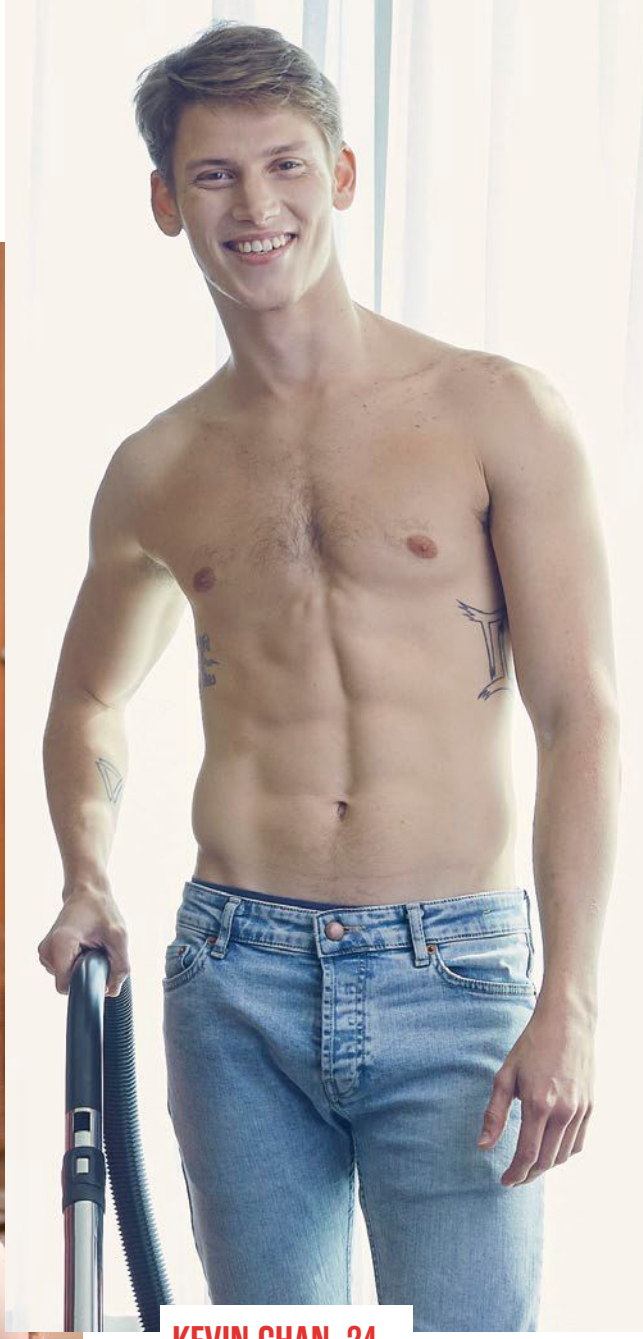


NATE VENZON, 22
STUDENT
@venzontwins

Zodiac Sign: Pisces
Old-school: "Before I dated her, I made sure her mom approved of me first."

DREW VENZON, 22
STUDENT
@venzontwins

Zodiac Sign: Pisces
To infinity and beyond: "I bought my girl a star (yes, in space!) from the Star Registry."



KEVIN CHAN, 24
ENTREPRENEUR
@kevinmartinchan

Zodiac Sign: Cancer
Richie Rich: "My fantasy is to do it on top of $1 billion in cash."

[PHOTOS] (VENZON TWINS) JICO JOSON. (CHAN) DAIRY DARILAG. (GROOMING) (NATE VENZON) DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH. (CHAN, DREW VENZON) ITIN ALBANO USING NARS. (HAIR) (CHAN, NATE VENZON) DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH. (DREW VENZON) ANGELU DOMINGUEZ



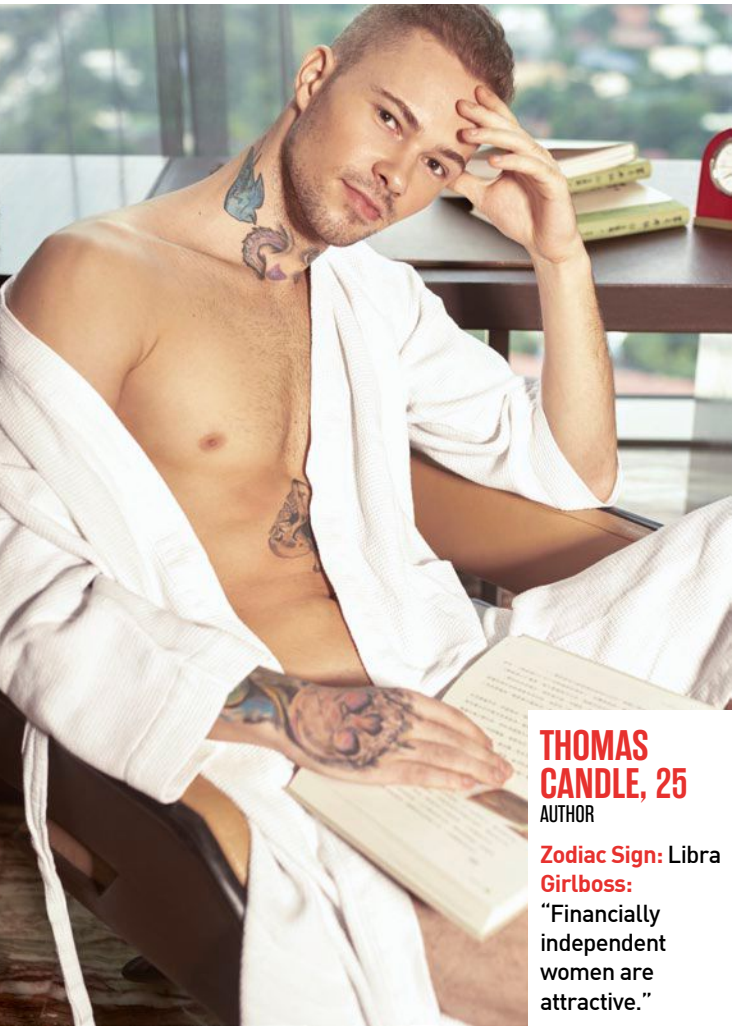
ION PEREZ, 26
MODEL

Zodiac Sign: Sagittarius
Swagger: "I know I'm in love when I'm a little too confident around her."



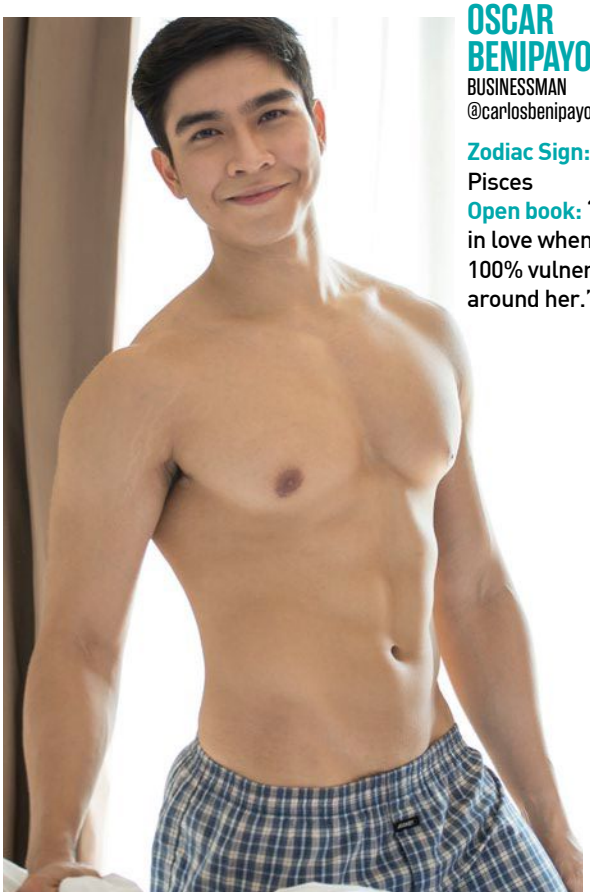
BRET HIGHAM, 22
VLOGGER
@bretmaverick_

Zodiac Sign: Sagittarius
Hot n' cold: "I may be from the coldest place on Earth, but I have the warmest heart!"



THOMAS CANDLE, 25
AUTHOR

Zodiac Sign: Libra
Girlboss: "Financially independent women are attractive."



OSCAR BENIPAYO, 18
BUSINESSMAN
@carlosbenipayo

Zodiac Sign: Pisces
Open book: "I'm in love when I get 100% vulnerable around her."

(PHOTOS) (BENIPAYO) JICO JOSON. (CANDLE, PEREZ) DOOKIE DUCAY. (HIGHAM) DAIRY DARILAG. (GROOMING) (BENIPAYO, CANDLE, PEREZ) DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH. (HIGHAM) TIN ALBANO USING NARS. (HAIR) DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH.



TIFA GALAL, 26
ACCOUNTANT
@tifa_elezali

Zodiac Sign: Cancer
Lips like sugar: "I think my body language and my sweet tongue make me sexy."



ADRIANNE PURA, 20
MODEL
@adrianpura

Zodiac Sign: Capricorn
Same, man: "Guys are just as emotionally complex as women."



TONY DE OTEYZA, 19
STUDENT
@thetonyd

Zodiac Sign: Libra
Double take: "I took my shirt off in public just so she'd notice me."

[PHOTOS] (GALA L) DAIRY DARILAG. (DE OTEYZA, PURA) JICO JOSON. [GROOMING] (DE OTEYZA) DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH. (GALAL, PURA) TINA ALBANO USING NARS. [HAIR] (DE OTEYZA, PURA) DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH. (GALAL) ANGELU DOMINGUEZ



PHILIPPE DESJARDINS, 20

MODEL
@p_desjardins

Zodiac Sign: Libra
No money, no honey: "I think women need to know about their man's bank account!"

SCOTT BAKER, 25

ACTOR/MODEL
@danabaker__

Zodiac Sign: Libra
Only for you: "I bought pierogies from her food stand...even though I hate pierogies!"



DIEGO HARMUCH, 22

MODEL
@iamdiegoharmuch

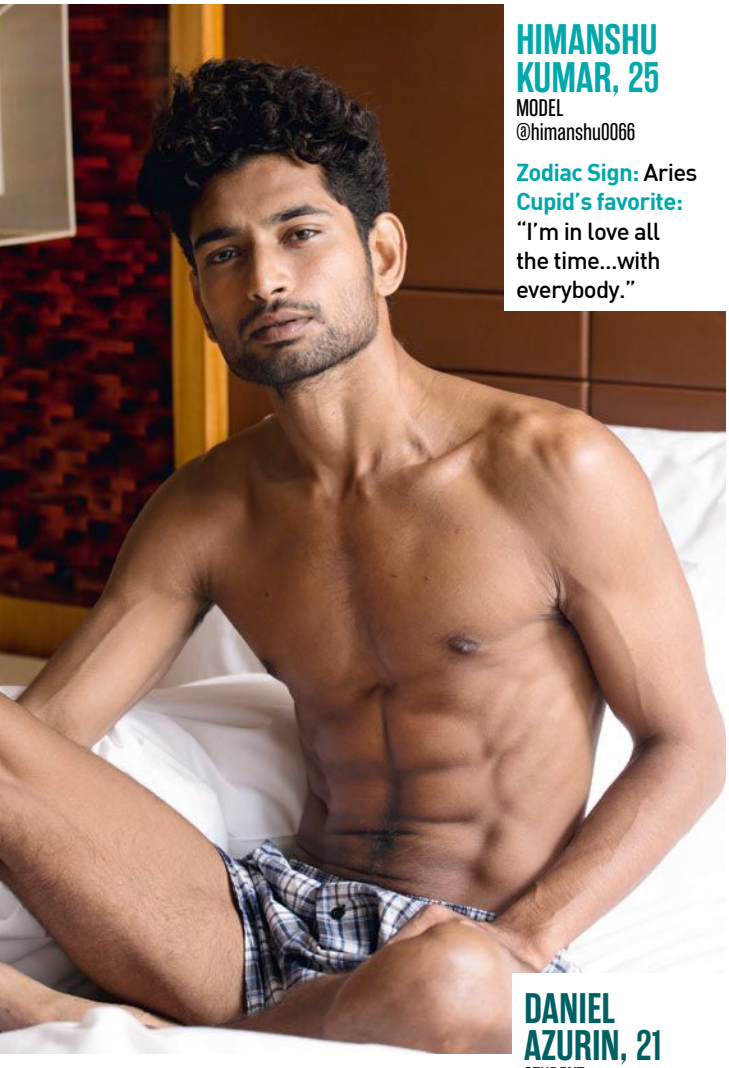
Zodiac Sign:
Gemini
Golden boy:
"When it comes to love, I dream it, I wish it, and I do it."

RAIGARDAS PAJEDA, 20

MODEL
@rpswan

Zodiac Sign: Aries
Stressbuster: "I want my girl to spread her legs as she tells me all about her day."

[PHOTO] JICO JOSON. [GROOMING] DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH.



HIMANSHU KUMAR, 25

MODEL
@himanshu0066

Zodiac Sign: Aries
Cupid's favorite: "I'm in love all the time...with everybody."



ALFRED CO, 20

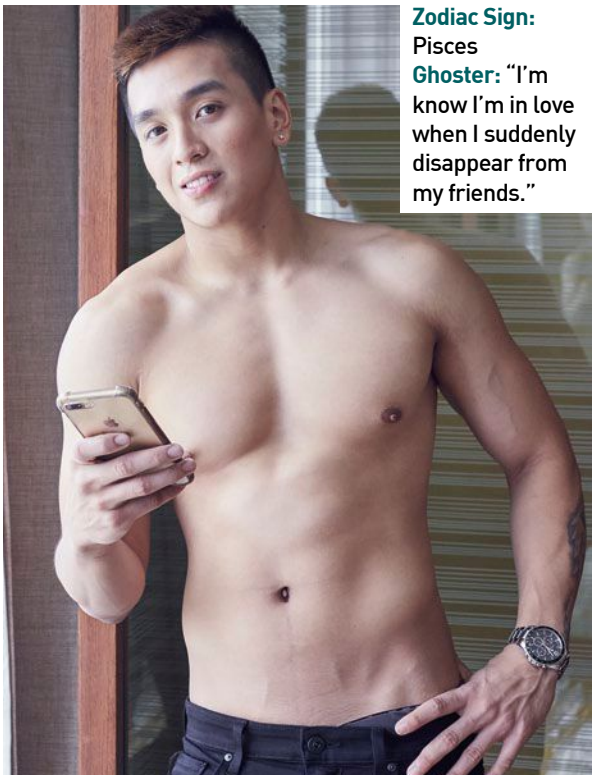
STUDENT
@redco88

Zodiac Sign: Cancer
Keeping up: "I'd love to spend one night with Kylie Jenner."

DANIEL AZURIN, 21

STUDENT
@swagzurin

Zodiac Sign: Pisces
Ghoster: "I'm know I'm in love when I suddenly disappear from my friends."



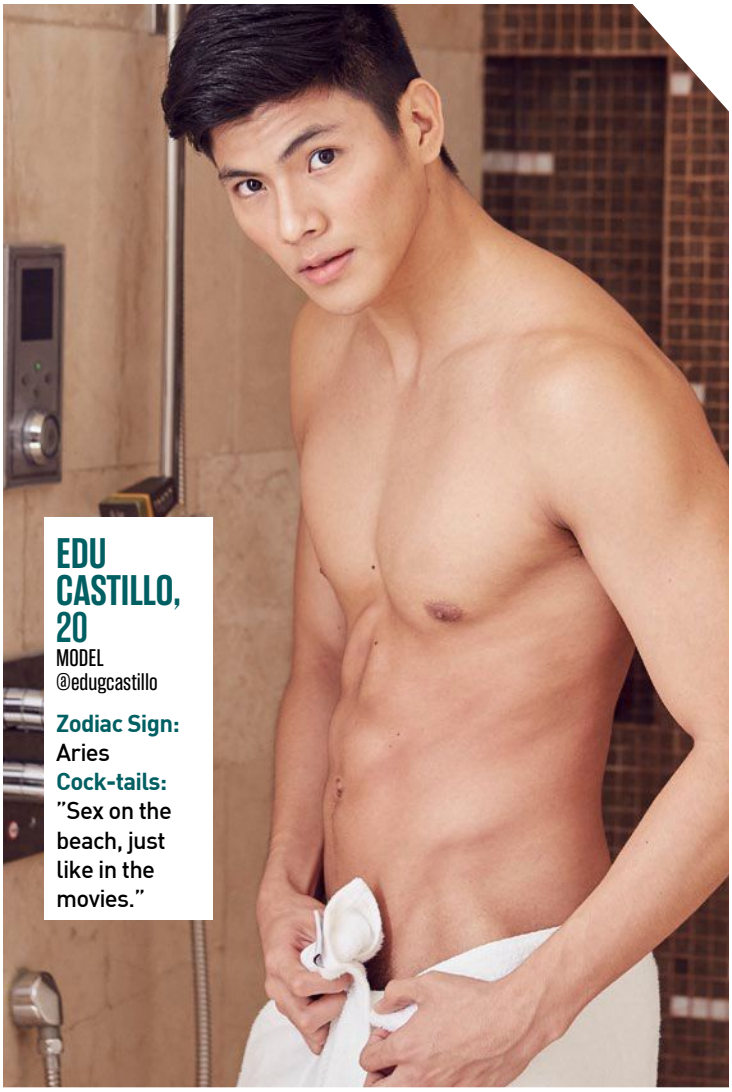


RUFINO HERRERA III, 20

MODEL/ACTOR
@rufiiinoherrera

Two ways: "When it comes to sex, I'm torn between gentle and hardcore."

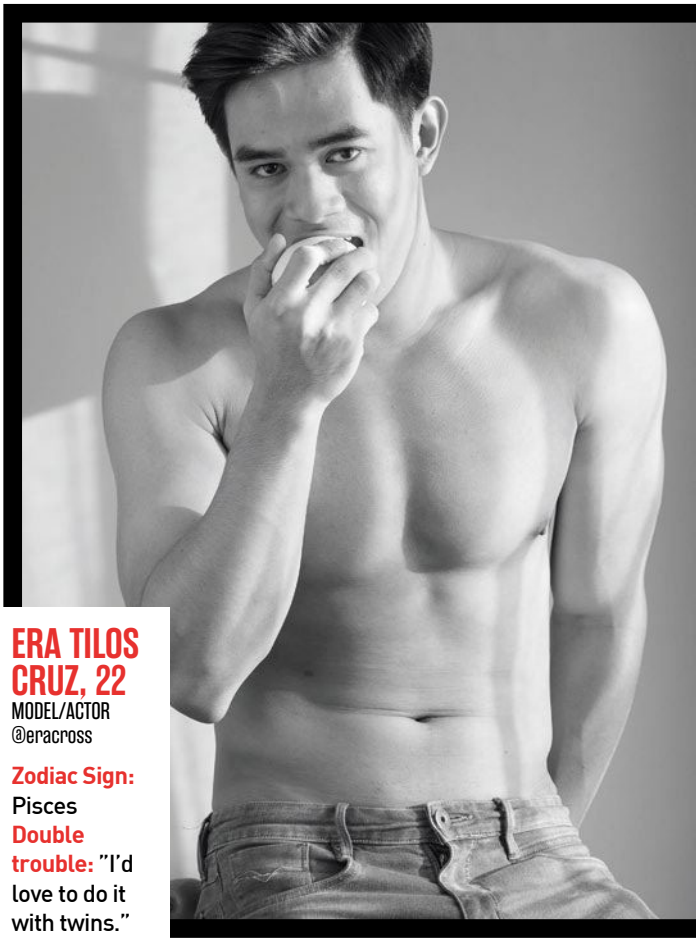
[PHOTOS] [AZURIN, HERRERA] DAIRY DARILAG. [CO, KUMAR] JICO JOSON. [GROOMING] [AZURIN, KUMAR] DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH. [CO, HERRERA] TIN ALBANO USING NARS. [HAIR] [AZURIN, HERRERA, KUMAR] DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH. [CO] ANGELU DOMINGUEZ.



EDU CASTILLO, 20

MODEL
@edugcastillo

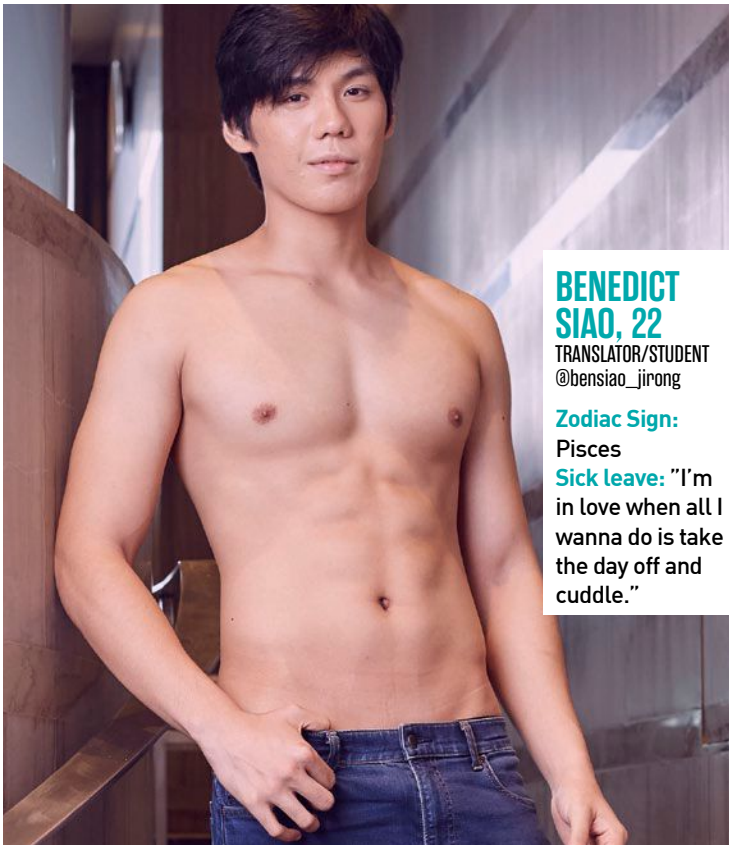
Zodiac Sign: Aries
Cock-tails: "Sex on the beach, just like in the movies."



ERA TILOS CRUZ, 22

MODEL/ACTOR
@eracross

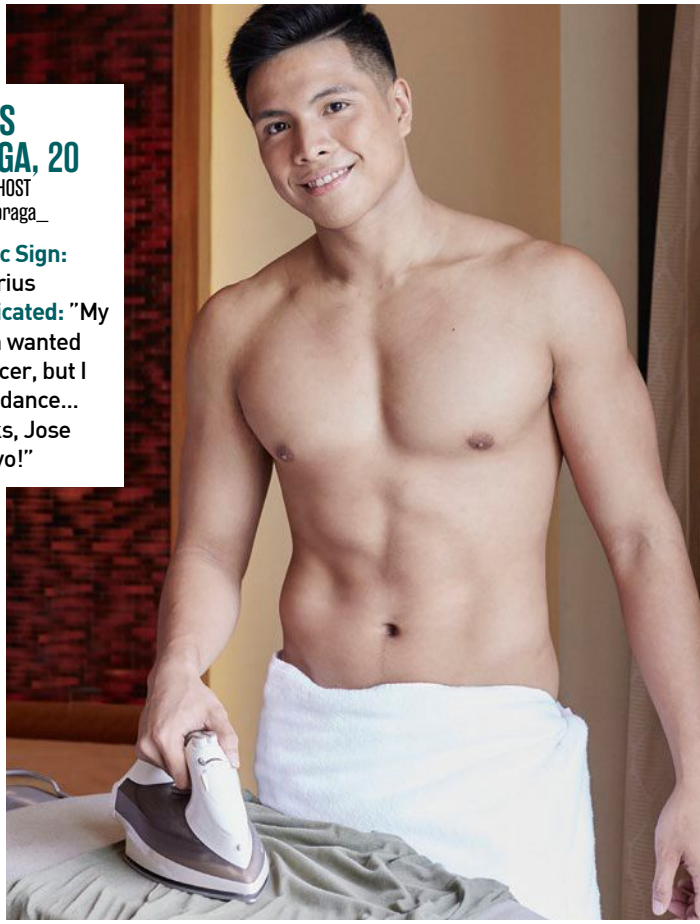
Zodiac Sign: Pisces
Double trouble: "I'd love to do it with twins."



BENEDICT SIAO, 22

TRANSLATOR/STUDENT
@bensiao_jirong

Zodiac Sign: Pisces
Sick leave: "I'm in love when all I wanna do is take the day off and cuddle."

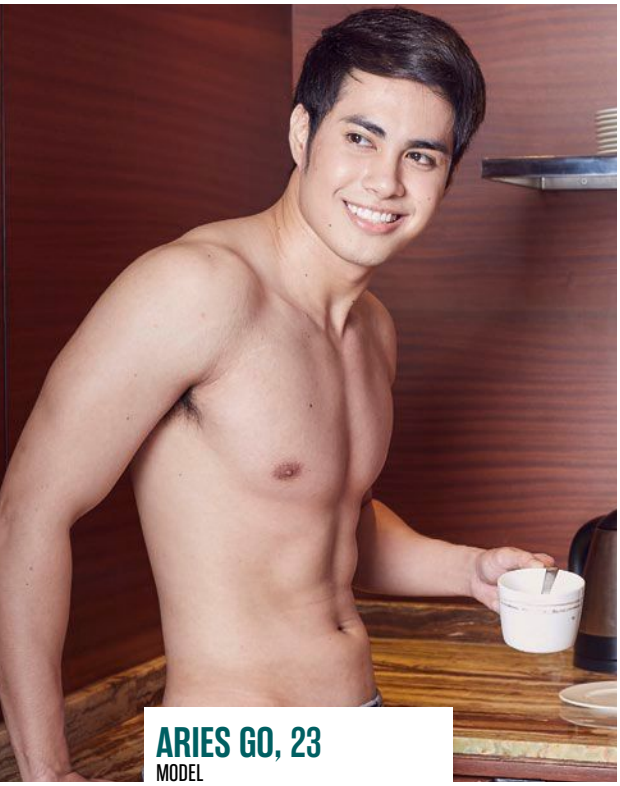


HANS BRAGA, 20

ACTOR/HOST
@hansbraga_

Zodiac Sign: Aquarius
Intoxicated: "My crush wanted a dancer, but I don't dance... thanks, Jose Cuervo!"

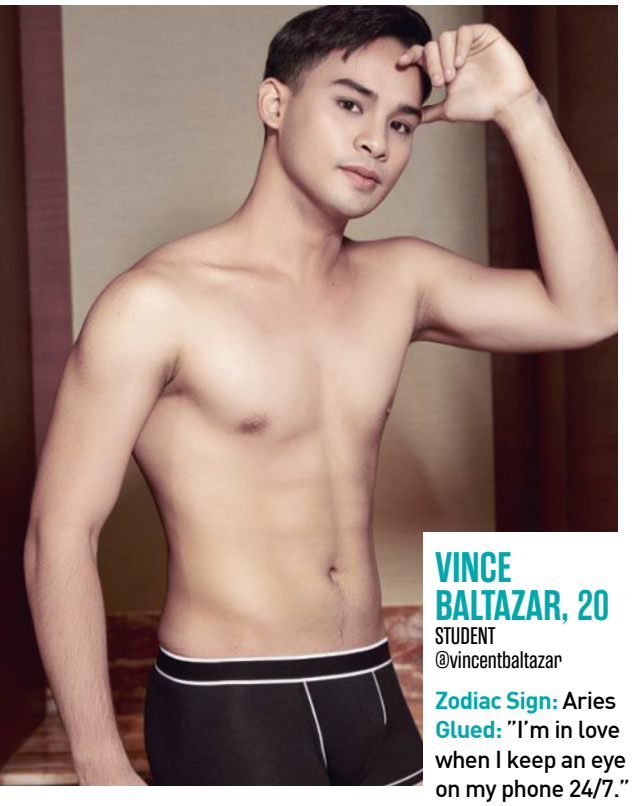
[PHOTOS] DAIRY DARILAG. [GROOMING] [CASTILLO, CRUZ, SIAO] DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH. [BRAGA] TINA ALBANO USING NARS. [HAIR] [CASTILLO, CRUZ, SIAO] DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH. [BRAGA] ANGELO DOMINGUEZ.



ARIES GO, 23

MODEL
@ariesanthonygo

Zodiac Sign: Taurus
U up?: "I love the classic Netflix-and-chill invitation."



VINCE BALTAZAR, 20

STUDENT
@vincentbaltazar

Zodiac Sign: Aries
Glued: "I'm in love when I keep an eye on my phone 24/7."

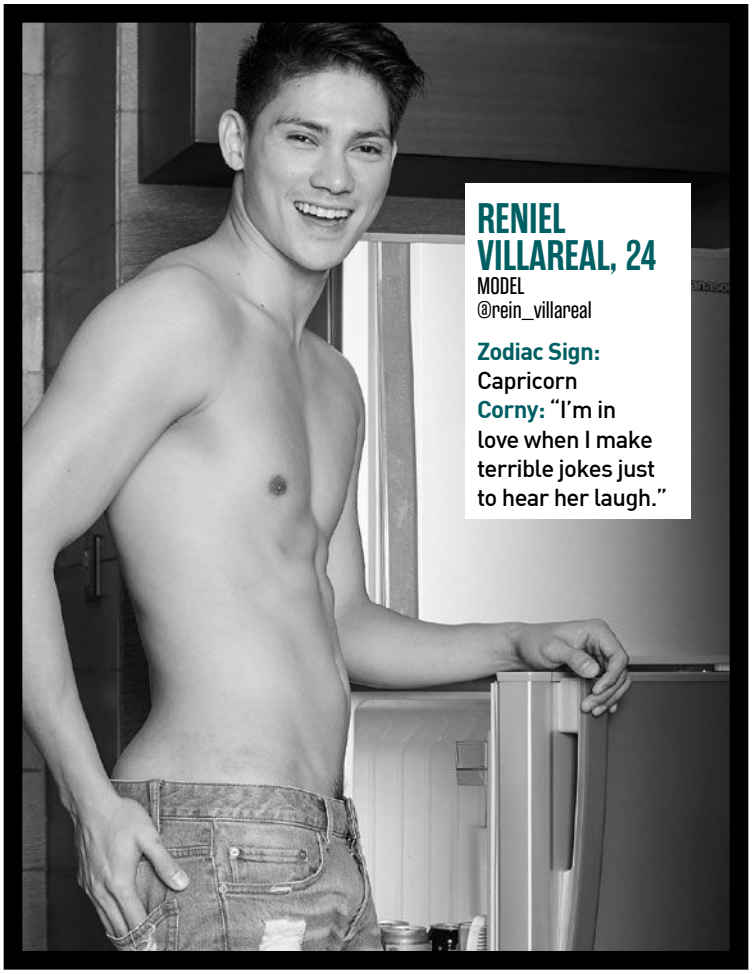


IAN HERNANDEZ, 21

STUDENT
@ianhernandez1495

Zodiac Sign: Libra
Eyes up here: "We don't look at boobs all the time."

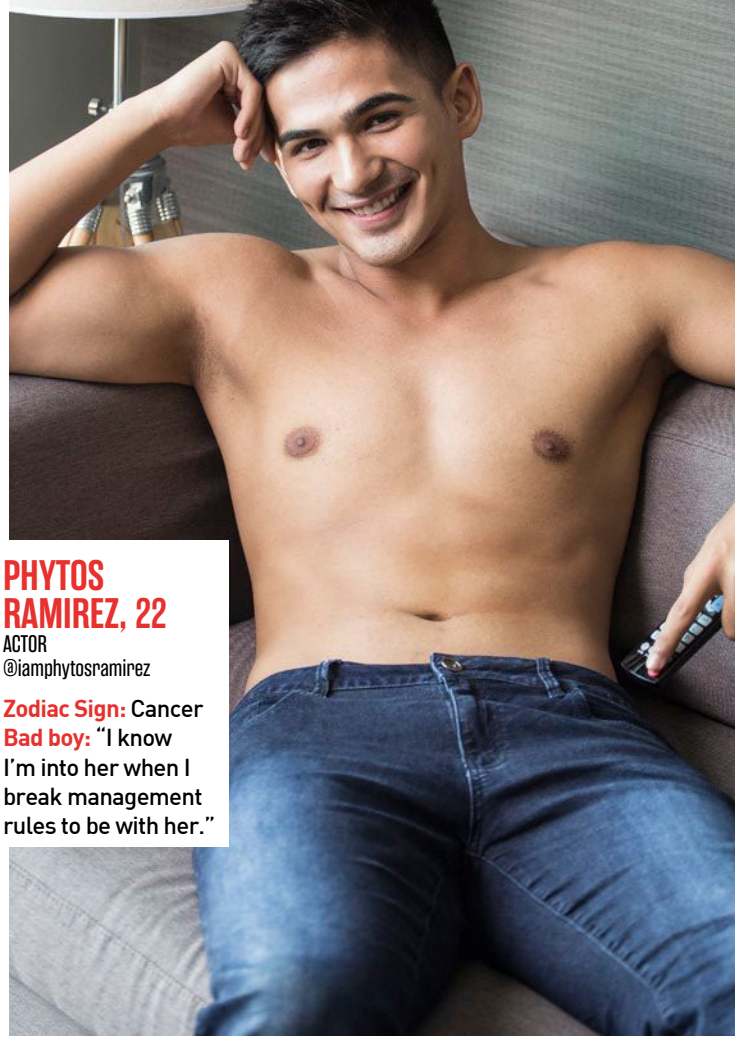
(PHOTOS) (BALTAZAR) DOOKIE DUCAY. (GO, HERNANDEZ) DAIRY DARILAG. (GROOMING, HAIR) DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH.



RENIEL VILLAREAL, 24

MODEL
@rein_villareal

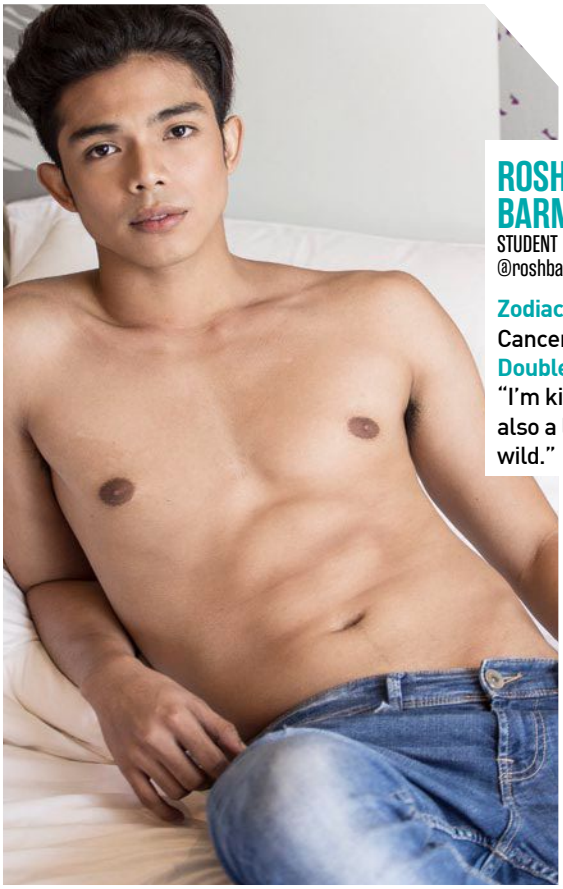
Zodiac Sign: Capricorn
Corny: "I'm in love when I make terrible jokes just to hear her laugh."



PHYTOS RAMIREZ, 22

ACTOR
@iamphytosramirez

Zodiac Sign: Cancer
Bad boy: "I know I'm into her when I break management rules to be with her."



ROSHNON BARMAN, 21

STUDENT
@roshbarman

Zodiac Sign: Cancer
Double duty: "I'm kind, but also a little bit wild."



RICHMOND BALILA, 21

STUDENT
@richmondbalila

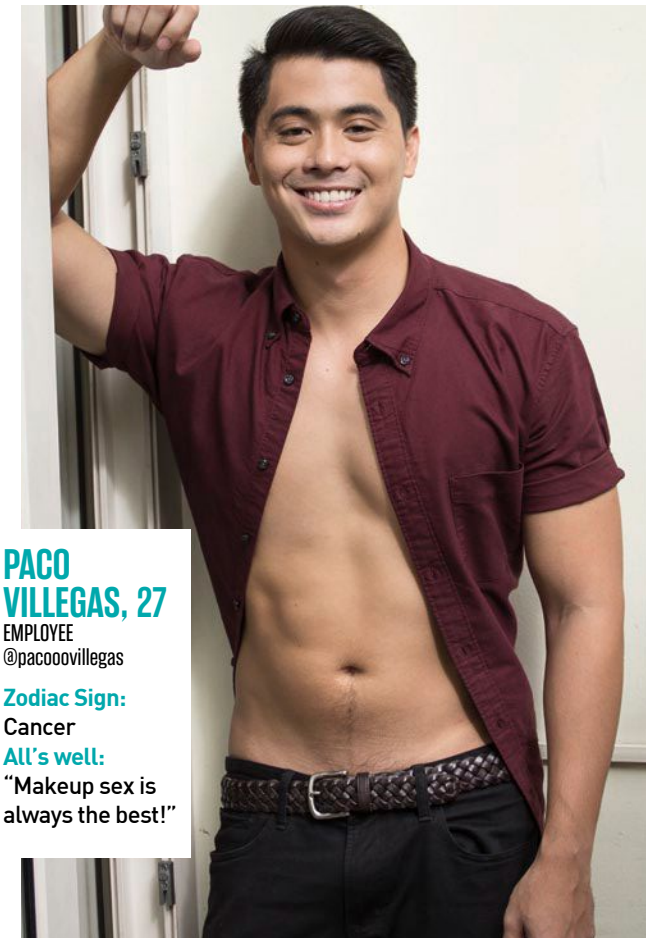
Zodiac Sign: Leo
Persistent: "When it comes to love, I'm a goal-getter."

(PHOTOS) (BALILA, VILLAREAL) DAIRY DARILAG. (BARMAN, RAMIREZ) JICO JOSON. (GROOMING, HAIR) DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH.



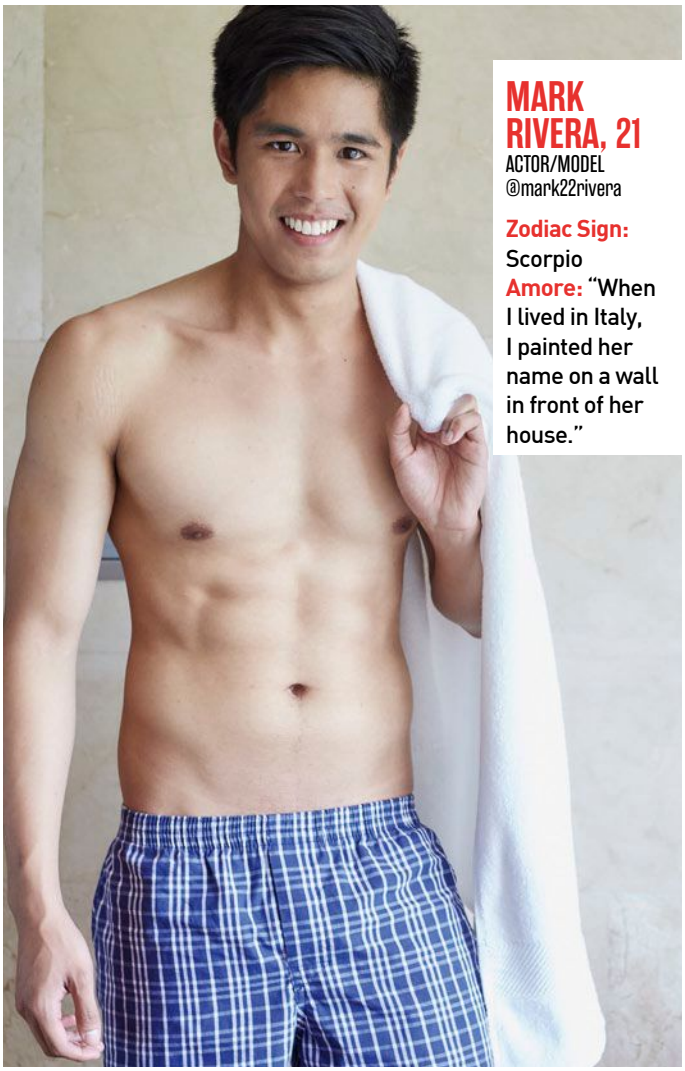
JAMES CARNE, 22
ACTOR
@jamescarneage

Zodiac Sign: Aries
Mama's boy: "I'm in love when I care for her as much as I do for my mom."



PACO VILLEGAS, 27
EMPLOYEE
@pacooovillegas

Zodiac Sign: Cancer
All's well: "Makeup sex is always the best!"



MARK RIVERA, 21
ACTOR/MODEL
@mark22rivera

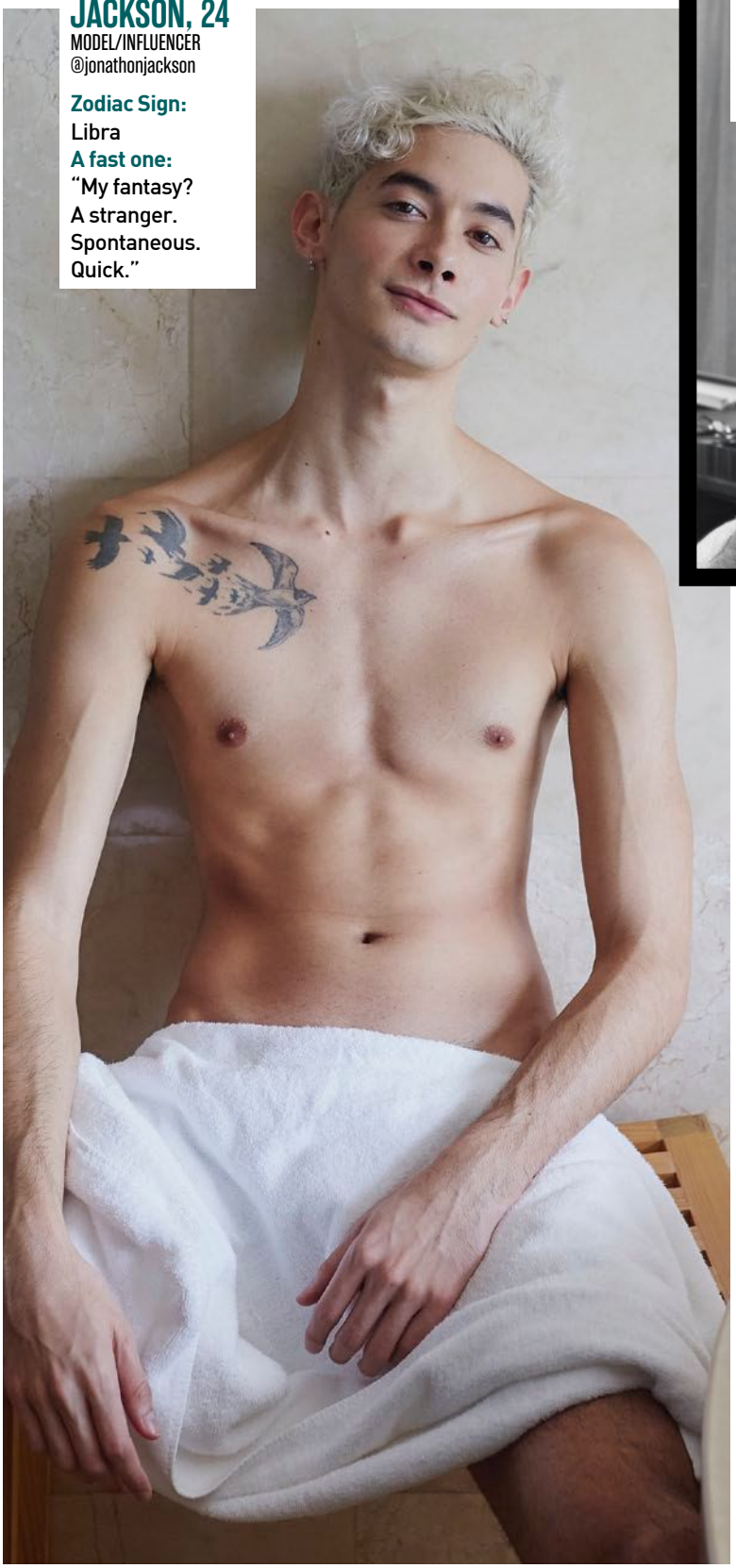
Zodiac Sign: Scorpio
Amore: "When I lived in Italy, I painted her name on a wall in front of her house."

(PHOTOS) JICO JOSON. (GROOMING) (CARNE) DAVE GRONA FOR REVLON PROFESSIONAL. (VILLEGAS) OMAR ERMITA FOR MAC COSMETICS. (RIVERA) TIN ALBANO USING NARS. (HAIR) (CARNE) DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH. (RIVERA, VILLEGAS) ANGELU DOMINGUEZ.

JONATHON JACKSON, 24

MODEL/INFLUENCER
@jonathonjackson

Zodiac Sign: Libra
A fast one: "My fantasy? A stranger. Spontaneous. Quick."



RAYVEN PANLICAN, 22

ARTIST
@mister_rayvenpanlican

Zodiac Sign: Aries
Sit down, be humble: "Humility makes a woman attractive."



CED MIRANDA, 21

BOY BAND SINGER
@cedmiranda

Zodiac Sign: Leo
Chaser: "We live for the challenge. Make us earn you."



(PHOTOS) (JACKSON, MIRANDA) DAIRY DARILAG. (PANLICAN) DOOKIE DUCAY. (GROOMING) (JACKSON, PANLICAN) DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH. (MIRANDA) TIN ALBANO USING NARS. (HAIR) DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH.



ELGAR HUSEYNYAR, 24

MODEL
@elgarhsn

Zodiac Sign: Virgo
Obsessed: "I know I'm in love when not a day goes by without me thinking of her."

MINDAUGAS GRAZYS, 25

ACTOR/MODEL
@mindaugas_grazys

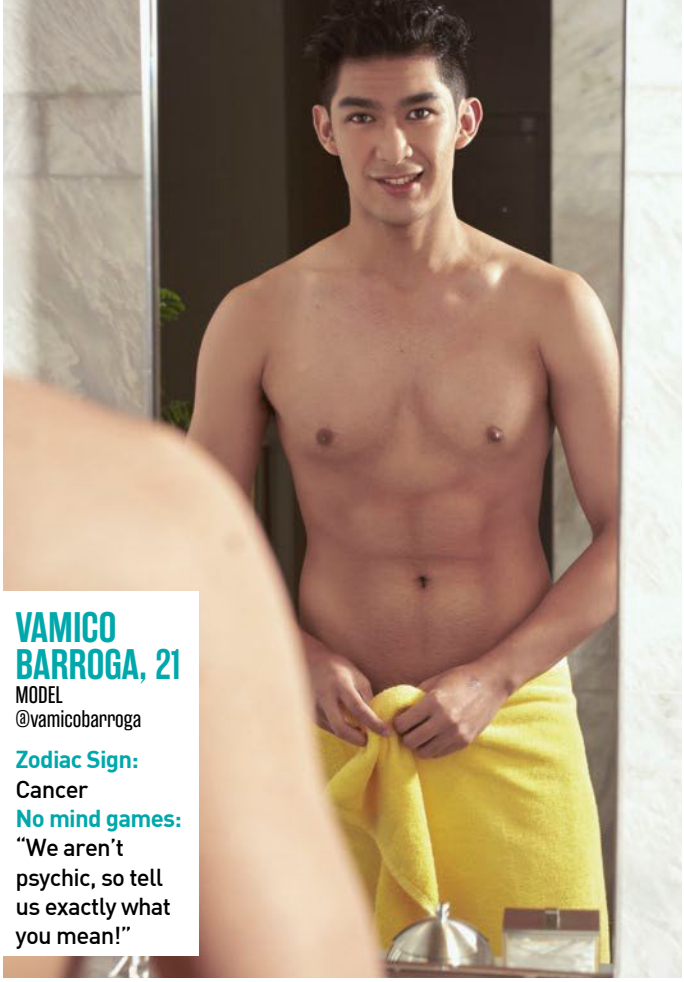
Zodiac Sign: Virgo
Tropical lovin': "My sexiest fantasy is me and her on a private island."

THIAGO SUCHINSKI, 25

MODEL
@thiagosuchinski

Zodiac Sign: Scorpio
Zzzs: "I know I'm in love with her if she keeps appearing in my dreams."

[PHOTO] JICO JOSON. [GROOMING, HAIR] DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH



VAMICO BARROGA, 21

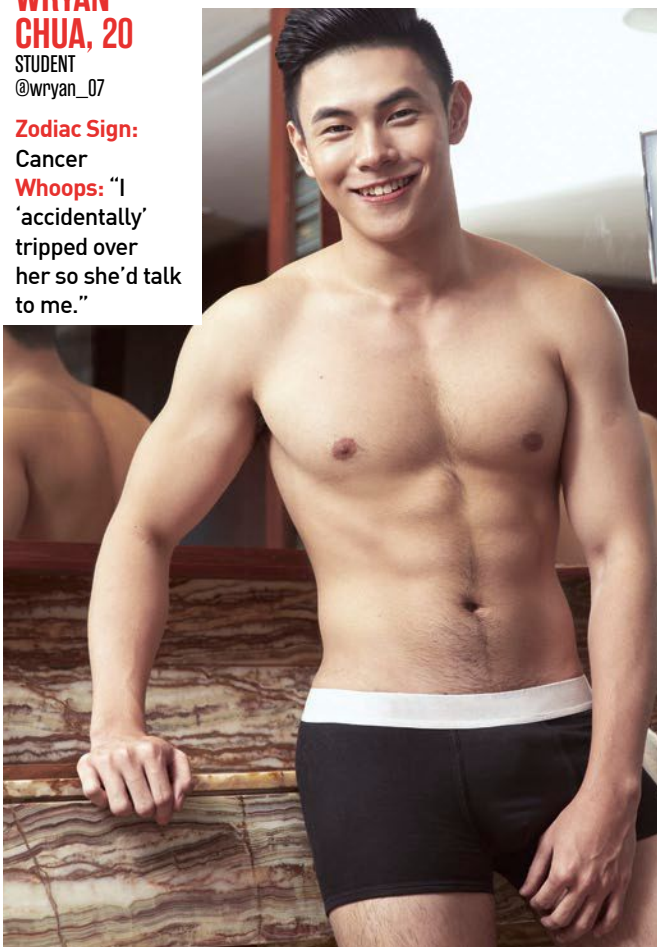
MODEL
@vamicobarroga

Zodiac Sign:
Cancer
No mind games:
"We aren't psychic, so tell us exactly what you mean!"

WRYAN CHUA, 20

STUDENT
@wryan_07

Zodiac Sign:
Cancer
Whoops: "I 'accidentally' tripped over her so she'd talk to me."





JOEY COLO, 24

DOG GROOMER
@ivoycolo

Zodiac Sign:
Capricorn
Hall monitor: "I used the school PA system to tell my crush I liked her."

(PHOTOS) DOOKIE DUCAY. (GROOMING) (BARROGA) TIN ALBANO USING NARS. (CHUA, COLO) DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH. (HAIR) DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH.



KLAUDIO GUTIERREZ, 22

MODEL/COOK
@klaudiobgutierrez

Zodiac Sign: Aries
Torpe: "I'm shy at first, so give me time to warm up to you."



JAMES RYAN CESENA, 18

ARTIST
@iamjamesryan

Zodiac Sign: Scorpio
Harana: "I wrote a song for my crush and sang it to the whole school."



ANDREA BIONDO, 23

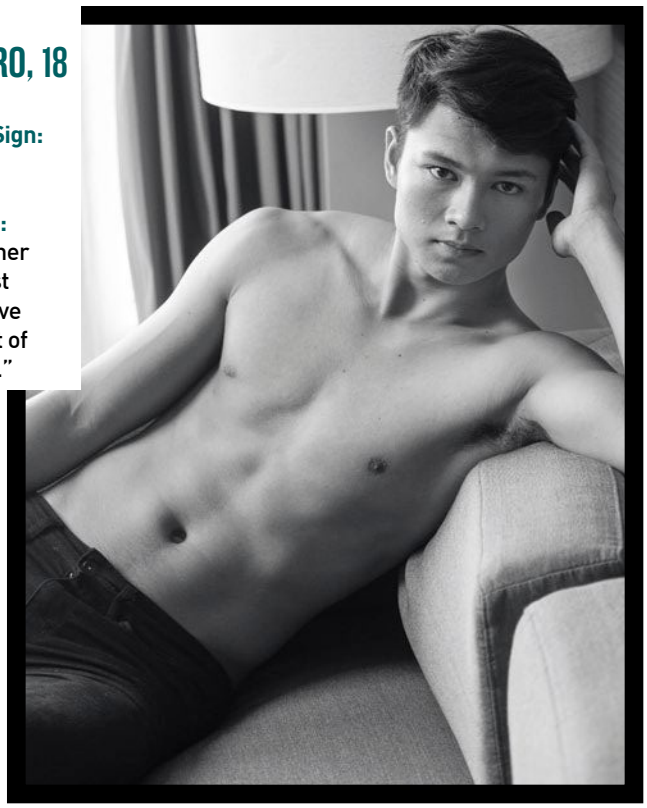
MODEL
@andreabiondo13

Zodiac Sign: Cancer
Mr. U: "My sexiest fantasy is Pia Wurtzbach and me on a sofa."

NOEL TINTERO, 18

STUDENT

Zodiac Sign: Scorpio
Grand gesture: "I gave her the most expensive bouquet of flowers."



(PHOTOS) (BIONDO, CESENA, TINTERO) JICO JOSON. (GUTIERREZ) DAIRY DARILAG. (GROOMING) (BIONDO, CESENA) DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH. (GUTIERREZ, TINTERO) TIN ALBANO USING NARS. (HAIR) (BIONDO, CESENA, TINTERO) DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH. (GUTIERREZ) ANGELU DOMINGUEZ.



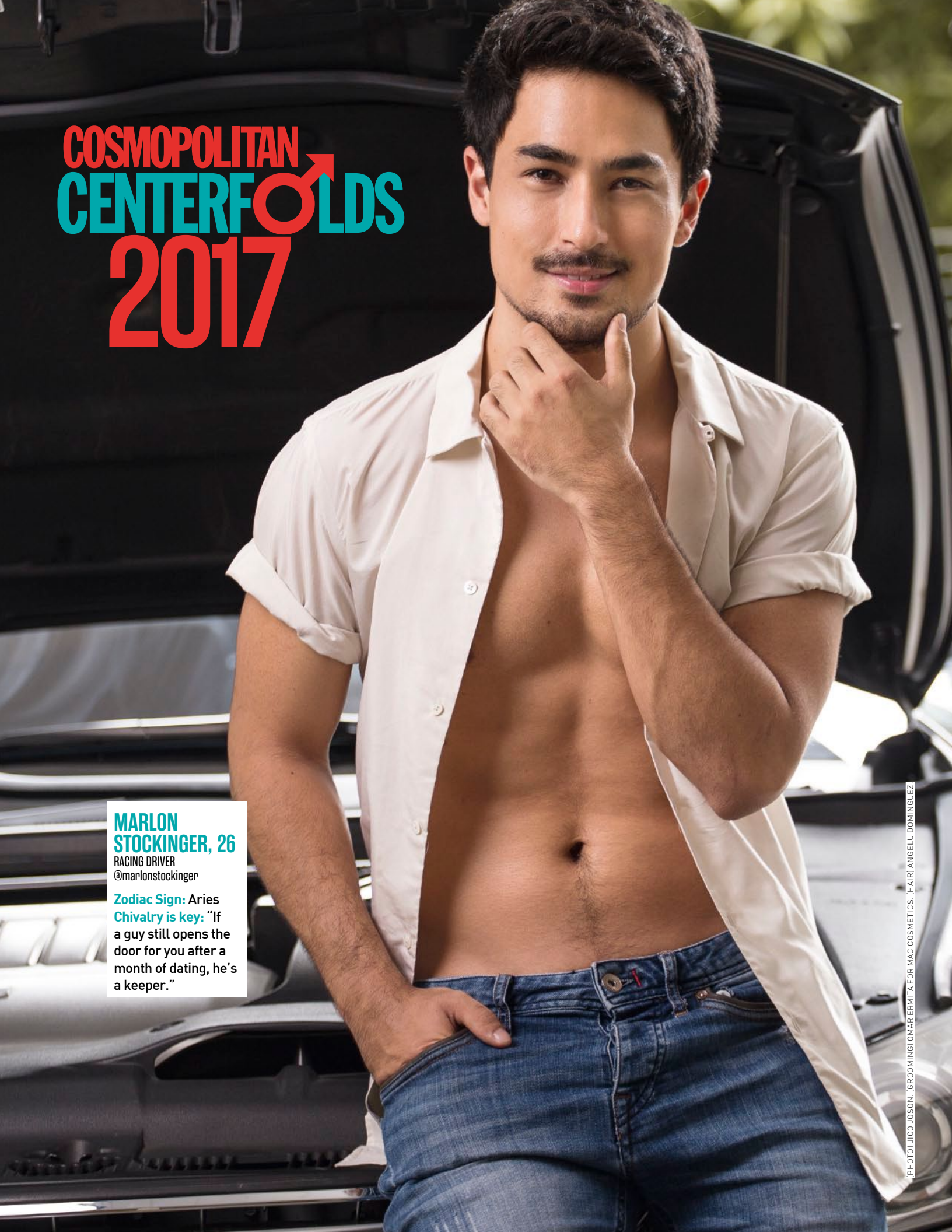
CHARLSTONE CANILLAS, 23

MODEL
@charl_c._canillas

Zodiac Sign:
Taurus
Peach emoji:
"I find women with big butts attractive."

[PHOTO] DOOKIE DUCAY. [GROOMING] TIN ALBANO USING NARS.

COSMOPOLITAN CENTERFOLDS 2017



MARLON STOCKINGER, 26

RACING DRIVER
@marlonstockinger

Zodiac Sign: Aries
Chivalry is key: "If a guy still opens the door for you after a month of dating, he's a keeper."

[PHOTO] JICO JOSON. [GROOMING] OMAR ERMITA FOR MAC COSMETICS. [HAIR] ANGELU DOMINGUEZ.



TONY LABRUSCA, 21

ARTIST
@tony.labrusca

Zodiac Sign: Leo
New heights:
"I took her to a trampoline park so she could be amazed at how good I was."

(PHOTO) DOOKIE DUCAY. (GROOMING) DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH. (PHOTO AND VIDEO ASSISTANT) INSEL CULLA.



TANNER MATA, 22

MODEL/ACTOR
@tanner_mata

Zodiac Sign: Taurus
Garden gesture:
"I spelled a girl's name in candles in her backyard."

(PHOTO) JICO JOSON. (GROOMING) OMAR ERMITA FOR MAC COSMETICS. (HAIR) ANGELU DOMINGUEZ.



LUIS HONTIVEROS, 25

ACTOR
@luishontiveros7

Zodiac Sign: Cancer
Adventure time: "I'd love to do it on top of a cliff at sunset."

[PHOTO] JICO JOSON. [GROOMING] JAY HERRERA.



ADDY RAJ, 22

ACTOR/SINGER/MODEL
@addyrajofficial

Zodiac Sign: Virgo
Schooled: "I find a woman attractive when she is better than me and can teach me something."

(PHOTO) JICO JOSON. (GROOMING) OMAR ERMITA FOR MAC COSMETICS. (HAIR) ANGELU DOMINGUEZ.

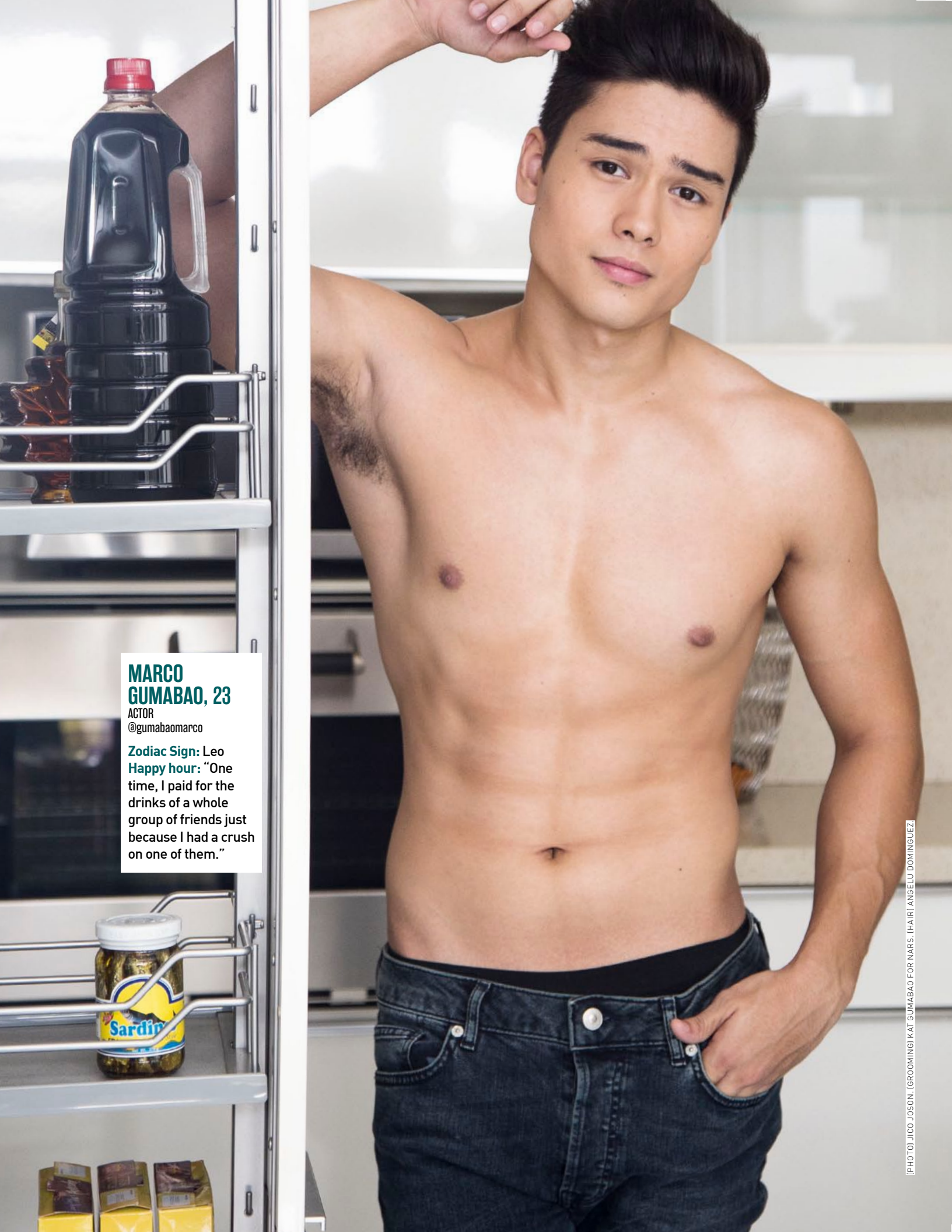


JOSH BARFUSS, 25

MEDIA DESIGNER AND SOCIAL WORKER/TEACHER
@joschicopter

Zodiac Sign: Leo
Surprise me: "Sexually, I think I've experienced everything I would want. Prove me wrong."

[PHOTO] DAIRY DARILAG. [GROOMING] TIN ALBANO USING NARS. [HAIR] ANGELU DOMINGUEZ.



MARCO GUMABAO, 23

ACTOR
@gumabaomarco

Zodiac Sign: Leo
Happy hour: "One time, I paid for the drinks of a whole group of friends just because I had a crush on one of them."

[PHOTO] JICO JOSON. [GROOMING] KAT GUMABAO FOR NARS. [HAIR] ANGELU DOMINGUEZ.



JAK ROBERTO, 23

ACTOR
@jakroberto

Zodiac Sign:
Sagittarius
Seal of approval:
"To catch this one girl's attention, I made friends with her parents."

[PHOTO] DOOKIE DUCAY; [GROOMING] DAVE GRONA FOR REVLON PROFESSIONAL BRANDS PH



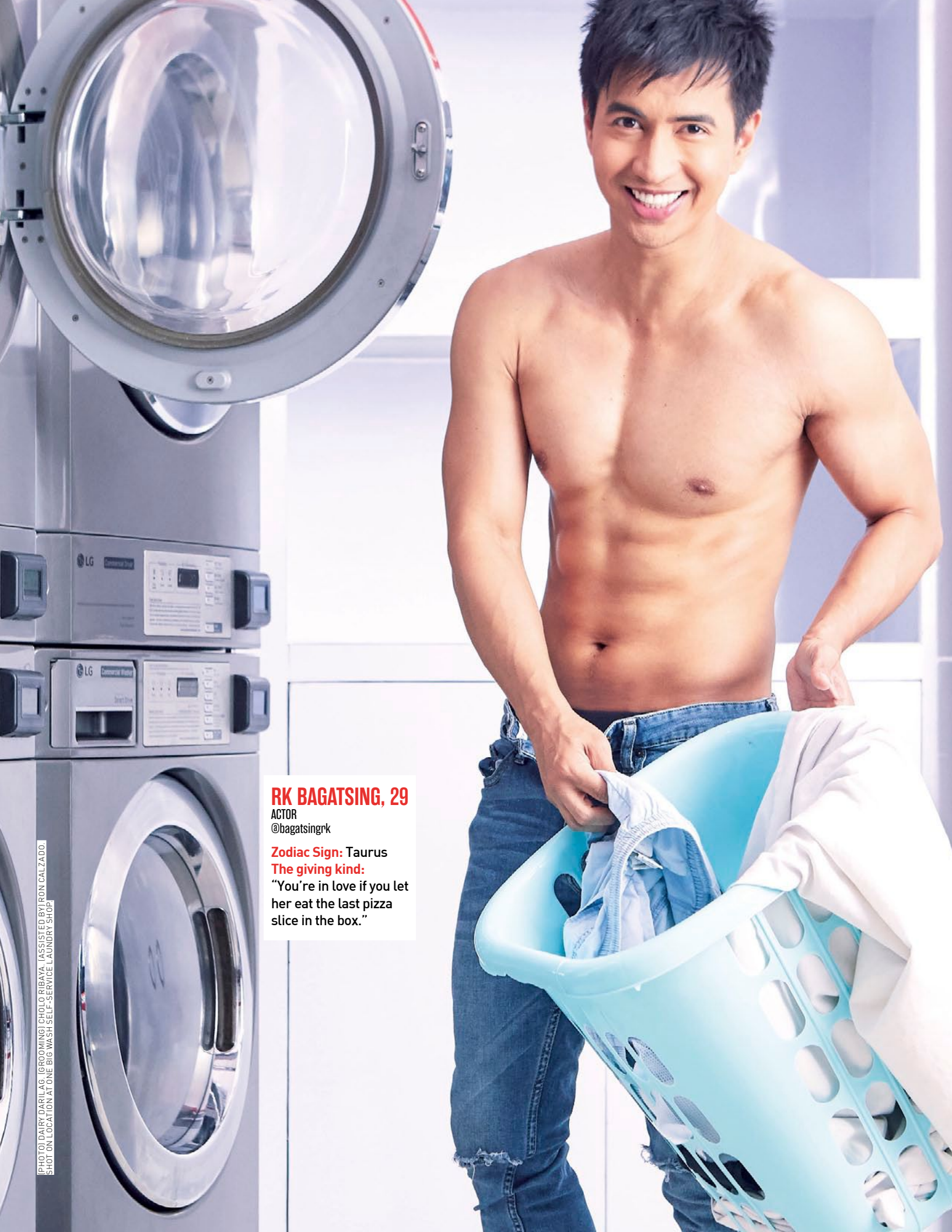
ALEX DIAZ, 23

ACTOR/INDOOR CYCLING INSTRUCTOR
@alexandermcdizz

Zodiac Sign:
Cancer

Call to action:
"I'm always game."

[PHOTO] DOOKIE DUCAY. [GROOMING] MJ IQUINA.



RK BAGATSING, 29

ACTOR
@bagatsingrk

Zodiac Sign: Taurus
The giving kind:
"You're in love if you let her eat the last pizza slice in the box."

[PHOTO] DAIRY DARILAG; [GROOMING] CHOLO RIBAYA. [ASSISTED BY] RON CALZADO. SHOT ON LOCATION AT ONE BIG WASH SELF-SERVICE LAUNDRY SHOP.

For the COSMO girl who's always on the go.



Download the COSMOPOLITAN App now!

COSMO PHILIPPINES

Download on the App Store
http://bit.ly/cosmopolitan-ios

GET IT ON Google play
http://bit.ly/cosmopolitan-android

*Powered by buqo. You can access buqo using the account you create for the Cosmopolitan App.